TONAKI TINNITUS PROTOCOL

THE TONAKI TINNITUS PROTOCOL

by **TODD CARSON**

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INTRODUCTION

Have you ever experienced a ringing in your ears caused by a loud noise?

If so, imagine that the ringing is not triggered by something specific but, rather, is a constant companion in your daily life. It may sound like a clicking, hissing, buzzing, or even roaring in your ears that doesn't go away.

This is tinnitus.

Tinnitus is a medical condition that affects millions of Americans on a daily basis. Though in mild cases you may be able to tune it out, severe tinnitus can affect everything from your ability to work, hear, or even sleep. This is called severe disabling tinnitus or SDT and I am all too familiar with it.

Hi, I'm Todd Carson. I'm a retired military police officer with more than two decades of service under my belt. While I do not have personal experience with severe disabling tinnitus, I've seen just how devastating its effects can be.

My wife, Jo, suffered from tinnitus for ten years and it eventually got so bad that she had to quit her job. My once bubbly and fun-loving wife became wracked with depression as her tinnitus continued to worsen. The roaring in her ears became so loud that she had trouble keeping up with simple conversation, she could barely hear herself think, and sleep became a fantasy that was always just a little bit out of reach.

We worked our way through a long list of so-called experts but none of them were able to help. We tried every drug in the book, but not only did they fail to work, they caused horrible side effects that only made Jo's problems worse.

And that's not even the half of it.

One night we went to our daughter Isabelle's school to see her play the lead role in the school musical. Halfway through the performance, I looked over at Jo and noticed a look of sheer panic plastered across her face. All of a sudden, her tinnitus had gotten ten times louder and it had gone from a buzzing noise to a high-pitched wail. She came to call it the "screaming monster" and it destroyed her life.

The next few days were spent in excruciating pain and agony. Not only was her head filled with those awful screams, but she became hypersensitive to everyday sounds as well – one Ear, Nose, and Throat (ENT) specialist called it "hyperacusis."

We saw more specialists, but it was the same old song – no one had any useful advice to offer and my wife was left to live in agony. Over time, I began to notice a change in Jo that went far beyond the effects of a ringing in the ears. She became forgetful and easily confused. She would lose track of her thoughts mid-sentence or misplace things and blame me or Isabelle for it.

I empathized with my wife and her pain, but I don't think I understood just how bad it was until she uttered eight words that shook me to my core...

"I don't think I can live like this."

I've never felt as helpless in all my life as I felt in that moment. But our story doesn't end there. In fact, that moment was just the beginning.

As my wife continued to spiral downward, I found myself filled with a desperate need to crack the code – to discover once and for all the real cause of my wife's tinnitus in the hope that it might lead us down the path to finding a cure.

Well, I'm happy to tell you that that's exactly what happened. Though it took a lot of hard work, I read study after study and put the pieces together in what I call the Tonaki Tinnitus Protocol. Not only did it hush the persistent ringing (roaring) in my wife's head, but it worked in just 21 short days.

And it can do the same for you!

Before we get into the details of how the Tonaki Tinnitus Protocol works, I want to give you some background information. In order to understand how my protocol works, you need to understand tinnitus and the true underlying cause that even some of the most talented ENTs don't fully understand.

What am I talking about? It all comes down to a special type of nerve fat that every person who suffers from tinnitus is lacking.

But more about that in a minute.

Things with Jo's tinnitus had gotten pretty bad, but I was always there for her. My daughter and I tip-toed around the house to avoid making too much noise and we did everything we could to lessen her pain.

Everything changed when I was called to join a group of U.S. Marines at a jungle warfare training camp on the Japanese island of Okinawa. Though I hated to leave my wife in her current state, I didn't have a choice. Her mother moved in to help as I shipped out, traveling 6,000 miles from home.

The training was long and arduous so, when I finally had a day off, I decided to do a little exploring. I found myself on a nearby tropical island called Tonaki, strolling through the tiny village when a delicious scent wafted under my nose. I followed the scent to where an old Japanese woman was cooking. Because Okinawa was home to so many U.S. military bases, she came to learn English, so we were able to have a conversation.

In talking to her, I learned that her name was Kyoko, she was 73 years old, and she had moved to Tonaki from Okinawa twenty years before. Eventually, the subject of family came up and I found myself talking about Jo – her struggles, her pain, and my worry for her wellbeing.

Suddenly, Kyoka smiled, took off her yellow apron, and told me to wait as she walked into her house. She returned with an old, dusty, leather-bound journal and turned to a page covered in scribbled notes that looked to me like a recipe.

That's exactly what it was and Kyoka told me the story behind it.

In 1945, the U.S. Army launched Operation Iceberg – you may know of it as the Battle of Okinawa. At the time, Kyoko's father was a Japanese soldier and he got caught up in the conflict. Despite three months of constant fighting, artillery fire, air attacks, and bomb blasts, he and his fellow soldiers showed no signs of tinnitus.

That may not sound significant, but if you consider that tinnitus is the number-one disability amongst U.S. veterans, you'll understand why I was a little shocked to hear it.

The story continued with the tale of a man who suddenly developed tinnitus in Kyoko's village in Okinawa. The village doctor was unable to help so a local scientist was called in to do some testing. After months of research, this scientist was able to identify a group of native foods that not only helped to prevent tinnitus, but to silence it. The

recipe scribbled in that dusty old journal was the result of all of that research and Kyoko assured me that it was the solution to my wife's problems.

When I finally returned home, I began researching the ingredients in that recipe. I wasn't surprised to find that they were uncommon in the United States – things like satsuma-imo, kombu, and natto. Instead of wasting my time trying to find these ingredients, I dug deeper to find out exactly which components in them made them so beneficial for preventing and treating tinnitus.

What I came to find is that each of these ingredients contained specific nutrients that repair and regenerate something called the myelin sheath – the fatty casing that protects the auditory nerve, the nerve that carries sound signals to the brain.

With a renewed sense of purpose, I began to read more about the myelin sheath and its role in tinnitus. Eventually I came across one study that made all of the pieces fall into place – a study conducted by Dr. Martine Hamman at the University of Leicester in England.

Hamman concluded that damage to the myelin sheath surrounding the auditory nerve prevents auditory signals from being accurately transmitted to the brain. In essence, the sound signals get "scrambled" and the resulting noise is tinnitus.

As I continued to research, I found other things that contributed to tinnitus – things like oxidative stress, certain medications, viral infections, alcohol or drug use, and even the natural process of aging. All of this scientific evidence led me to one important conclusion – the key to reversing my wife's tinnitus lay in a reparative process known as remyelination.

The ingredients in Kyoko's recipe contain nutrients that have the power to rebuild or "fatten up" that myelin sheath surrounding the auditory nerve. Ingredients like quercetin, a potent phytonutrient and antioxidant, and cobalamin, a vitamin found in foods like kombu. All in all, I found 12 miracle nutrients proven to repair and rebuild the myelin sheath in a matter of weeks.

I call them the Tinnitus 12.

Over the next seven months, and with the help of my good friend Stan (who happens to be a medical researcher), I came up with a list of ingredients readily available right here in the United States that provide the same benefits as the ingredients in Kyoko's recipe. Not only that, but we developed a delivery method that makes it incredibly easy to consume those ingredients – smoothies.

Jo became our first test subject and as she drank her smoothies day by day, we waited anxiously to see what would happen. It wasn't until the 14th day that something truly remarkable occurred – my wife reported that her hyperacusis was gone. Over the next week, her tinnitus faded as well until it was nothing more than a memory.

She began to read again. She was able to sleep at night. And she regained her warmth and that bubbly personality that I hadn't seen in years. Not only that, but her hearing improved slowly but surely and the cognitive difficulties she'd been experience slowly faded as well.

Though Jo was the first person to benefit from this miracle tinnitus cure (we call it the Tonaki Tinnitus Protocol), she certainly wasn't the only one. We tested it on hundreds of people and a whopping 94% reported complete relief from their tinnitus.

You could be next!

The Tonaki Tinnitus Protocol is not some complicated diet and you don't have to pay thousands of dollars for it (though it would be worth every penny). It simply consists of 21 daily smoothies packed with tinnitus-busting ingredients that you can find at your local grocery store.

Within the pages of this book, you're going to learn everything you ever wanted to know about tinnitus including the root cause – damage to the myelin sheath surrounding your auditory nerve. You'll also learn about the Tinnitus 12, those miracle nutrients that support remyelination and, ultimately, relief from your tinnitus.

So, what are you waiting for?

The Tonaki Tinnitus Protocol worked wonders for my wife, but I didn't just do it for her. I did it for the millions of people around the globe who suffer from this horrible disease. War veterans, famous musicians, international business leaders, and even Hollywood celebrities have been affected by tinnitus.

My protocol is scientifically proven to work, regardless of age or sex... whether you've been suffering for days, months, or years. No matter what doctors have told you is the underlying cause.

Does it sound too good to be true? I can assure you that it isn't, but I understand

your skepticism. That's why I'm going to walk you through my process, so you can fully understand your tinnitus and why my protocol is the "secret to silence" you've been hoping and praying for.

So, what can you look forward to in reading this book?

First, we're going to take an in-depth look at tinnitus. Though the most common symptom is ringing in the ears, this disease looks different in different people and you need to develop a detailed understanding of the disease in order to treat it. Next, we'll talk about some of the complications associated with severe tinnitus – issues like hyperacusis and neurodegeneration.

From there, we'll discuss current treatment methods for tinnitus – all of those drugs my wife took to no effect as well as alternative therapies and distraction techniques. You may already be familiar with some (or all) of these treatments, but it is important to understand how they fall short if you want to truly understand how the Tonaki Tinnitus Protocol works.

When we get into the details of the protocol itself, you'll learn everything you need to know about the real underlying cause of tinnitus – demyelination. We'll talk about the factors that can damage your myelin sheath as well as the Tinnitus 12 – those miracle nutrients from Kyoko's recipe that have the power to not only stop your tinnitus from getting worse, but to reverse it entirely. You'll also receive a collection of 21 delicious daily smoothies featuring those ingredients, so you can enjoy the benefits of the Tonaki Tinnitus Protocol in just three short weeks.

So, if you're ready to kiss your tinnitus goodbye and to start enjoying your life again, don't waste another moment. Turn the page and keep reading to discover the secret of the Tonaki Tinnitus Protocol!

Best of luck to you!

CHAPTER 1

UNDERSTANDING TINNITUS

After attending a loud concert or standing too close to a firecracker when it goes off, it's normal to experience a little ringing in your ears. An hour or two later, however, your hearing returns to normal and you forget it even happened.

This is not the case with tinnitus.

Tinnitus is defined as an awareness of sound in the ears or head (like a ringing, buzzing, or hissing) which is not caused by an external source. Unlike ringing in the ears caused by a loud sound, tinnitus can persist for hours or even days at a time. The pitch and volume may vary according to the type of tinnitus, ranging from a low-pitched buzzing or sizzling to a high-pitched whistle.

According to the American Tinnitus Association (ATA), about 50 million Americans experience tinnitus on a regular basis – that's about 15% of the general population.[1] For many of those, the side effects of tinnitus are just as troubling as the tinnitus itself.

Before we get into the details of the Tonaki Tinnitus Protocol and how it works, you need to understand the ins and outs of this disease. In this chapter, we'll go over the basics about what tinnitus is as well as the different types and symptoms. We'll also discuss potential triggers and risk factors.

WHAT IS TINNITUS, ANYWAY?

At the root of it all, tinnitus happens when you hear a sound that doesn't come from a source outside your body. You may hear a ringing, clicking, hissing, buzzing, or whistling noise in your ears and head, but no one around you will hear it. Neither will a doctor be able to hear it, even if he uses an otoscope.

In this way, it is a subjective condition because only the person experiencing it can actually hear the noise.

Each case of tinnitus is slightly different in terms of the pitch, volume, and quality of the sound. For some people, it is a low buzzing or hissing noise. For others, it is a high-pitched whistle or a constant ringing. In severe cases it can turn into a deafening roar or scream that makes it difficult to hear anything else.

1 "Tinnitus." Hear-It.org. <https://www.hear-it.org/tinnitus>

It is fairly common for people who experience tinnitus to also suffer from hearing loss. Tinnitus is most commonly seen in individuals over the age of 50, but it can also happen to people who have been exposed to loud noises and people who have suffered head or neck injuries. It can also be secondary to an ear infection or some other underlying medical condition.

When tinnitus is secondary to an underlying infection or health problem, it can sometimes be treated. Unfortunately, there is no surefire cure for tinnitus and, for many people, the only solution is to learn to live with it.

If you are one of the 20 million of tinnitus sufferers who find their tinnitus seriously disturbing or even debilitating, you may be disheartened to learn this fact. Fortunately for you, you've come across the Tonaki Tinnitus Protocol and you're about to learn the truth – that not only is your tinnitus curable, but you can achieve complete relief from your symptoms in as few as 21 days.

Before we get into that, however, let's talk about the different types of tinnitus as well as the different symptoms.

TINNITUS TYPES AND SYMPTOMS

To review, tinnitus is defined as hearing a sound in the absence of any external sound. Basically, you experience an internal noise in your ears that no one around you can hear. As you can imagine, tinnitus can become pretty frustrating.

Though tinnitus is not a disease in and of itself, it may be associated with certain external factors or underlying medical conditions – particularly conditions that affect the hearing system. There are two types of tinnitus:

- Primary tinnitus
- Secondary tinnitus

The first type, primary tinnitus, is indicated in cases where there is no identifiable cause aside from hearing loss. The second type, secondary tinnitus, is associated with some specific underlying cause that may or may not be treatable. As was mentioned earlier, most cases of tinnitus are subjective – only heard by the individual suffering from it – though it can be objective in rare cases (fewer than 1% of cases).[2]

Symptoms of tinnitus vary from one case to another, but sufferers have reported that their tinnitus sounds like the following things:

2 "Understanding the Facts." American Tinnitus Association. <https://www.ata.org/understanding-facts>

- Ringing
- Buzzing
- Hissing
- Roaring
- Clicking
- Booming
- Squealing
- Whistling
- Humming
- Whooshing
- Chirping
- Screeching

The volume and intensity of these sounds may vary and, for some people, they worsen at certain times of day or during periods of quiet. Tinnitus can be intermittent or continuous and it can occur in one or both ears.

According to the American Tinnitus Association, a patient's perception of tinnitus sounds can be divided into the following categories:[3]

- **Tonal Tinnitus** – This type of tinnitus is characterized by the perception of a near-continuous sound (or several overlapping sounds) with well-defined frequencies and fluctuating volume. Tonal tinnitus is usually subjective.
- **Pulsatile Tinnitus** – This is the perception of a pulsing sound that is often in-beat with the patient's heartbeat – it is usually associated with objective tinnitus and somatic tinnitus.

- **Musical Tinnitus** – This type of tinnitus is the perception of music or singing, often the same tune in a continuous loop – it is also known as Musical Ear Syndrome and it is very rare.

The most important thing to consider when it comes to assessing tinnitus is not necessarily the severity of the tinnitus itself but the degree to which it is considered a problem by the person experiencing it. Some people who experience mild or occasional tinnitus are able to learn to deal with it quite quickly. For others, however, the condition is considered intolerable or even debilitating. It may become severe enough that the patient is forced to quit their job or give up school.

In some cases, the problem worsens at night as the sounds of daily life start to subside. People who suffer from tinnitus often dislike quiet because it only amplifies their tinnitus or makes it more noticeable.

Now that you have a better understanding of what tinnitus is and

3 "Symptoms." American Tinnitus Association. <https://www.ata.org/understanding-facts/symptoms>

how it can affect you, let's move on to discussing the causes and risk factors for this condition.

WHAT ARE THE CAUSES AND RISK FACTORS?

Anyone who is exposed to loud or excessive noise has the potential to experience a ringing in their ears. When this happens, it is a good idea to move to quieter surroundings until your hearing normalizes.

Unfortunately, for people who suffer from tinnitus, the ringing or buzzing doesn't go away when they move to a quieter location. In fact, the absence of any outside noise may make their tinnitus worse. But what causes this kind of tinnitus?

While exposure to noise is the most common cause of tinnitus, it doesn't always happen immediately. For example, working in a noisy environment for years without wearing protective equipment can increase your risk for developing tinnitus that worsens over time – it also increases your risk for hearing loss which can make your tinnitus worse. Even leisure activities like listening to loud music or using power tools could contribute to or trigger tinnitus.

Other causes for tinnitus may include the following:

- A blow to the head
- Large doses of certain medications (like aspirin)
- Compacted ear wax
- Chronic stress
- Middle ear infections
- Advanced age (over 50)
- Meniere's disease
- Head trauma

A blow to the head or another form of head trauma can affect the middle ear as well as the auditory nerve – either of these can lead to changes in hearing and could trigger tinnitus. In cases like this, tinnitus is usually limited to one ear. Single-ear tinnitus may also be caused by compacted ear wax. The ear produces wax to protect your ear canal by trapping dirt and slowing the growth of bacteria. However, when too much wax accumulates in the inner ear it can irritate the ear drum and cause hearing loss which may also contribute to tinnitus.

Changes in the internal structures of the ears, such as stiffening of the bones in your middle ear (known as otosclerosis) can cause tinnitus and contribute to hearing loss. This condition is usually genetically inherited, and it is caused by abnormal bone growth. Other

conditions that can cause changes to the inner ear include Ménière's Disease, a vestibular disease, and TMJ disorders. These are problems affecting the temporomandibular joint – the joint on either side of your head just in front of your ears – where the jawbone connects to the skull.

Another condition that can lead to hearing loss and tinnitus is called acoustic neuroma – it is a form of noncancerous tumor that develops on the cranial nerve. This nerve runs from your brain to the inner ear and it is responsible for controlling your balance as well as your hearing. This condition is also known as vestibular schwannoma and, while it is not a life-threatening form of cancer, it can affect your hearing and trigger tinnitus (typically in one ear).

In addition to the health problems mentioned above, tinnitus can also be caused or worsened by taking certain medications. Generally speaking, the higher the dosage the worse the tinnitus. Drugs that may contribute to tinnitus include antibiotics, cancer medications, water pills or diuretics, quinine medications, aspirin, and certain antidepressants. Aspirin is generally only a problem when taken in abnormally large doses like 12 or more pills per day.

Now that you have a better understanding of what causes tinnitus, you can probably draw some conclusions about demographics which may be at a higher risk for the condition than others. Anyone can be affected by loud or excessive noise, but certain age groups and people who have certain occupations have a higher risk. Here are some demographic facts related to tinnitus:[4]

- Males develop tinnitus at a higher rate than females. This may be due to a higher representation of men than women in the workforce, particularly in louder professions such as construction, manufacturing, and military service. Men are also more likely than women to engage in high hearing-risk behaviors such as motorsports and hunting.
- Older populations experience tinnitus at a higher rate than younger populations, particularly within the 60 to 69-year-old age group. This is likely due to age-related hearing loss and noise-induced hearing loss accumulated over a lifetime.
- Caucasians are more likely to develop tinnitus than other racial and ethnic groups. The reason for this is unknown.

4 "Demographics." American Tinnitus Association. < https://www.ata.org/understanding-facts/demographics>

Aside from these demographics, there are other groups of people who have a higher risk for developing tinnitus. Here is a summary:

- **Active Military Personnel and Veterans** – Tinnitus is the leading service-related disability among United States veterans and it is becoming increasingly prevalent. Exposure to loud noises such as gunfire, explosives, and machinery puts military personnel at a high risk for noise-induced hearing loss and the tinnitus it can contribute to.
- **Senior Citizens** – Hearing loss is the primary trigger for tinnitus and age-related hearing loss becomes more common after the age of 60. Research suggests that as many as 30% of senior citizens experience tinnitus on a regular basis.
- **Musicians and Music Lovers** – People who spend their lives playing or listening to loud, amplified music have a high risk for hearing loss as well as tinnitus. It isn't just caused by loud music in a live concert setting, either – you can develop tinnitus from listening to music too loud at home or with headphones.
- **Workers in Loud Environments** – One of the most prevalent occupational health problems in the United States for the past three decades has been noise-induced hearing loss. Workers in certain fields such as mining, agriculture, construction, transportation, and manufacturing are at the highest risk.

- **Hunters and Motorsport Enthusiasts** – People who hunt are frequently exposed to loud gunfire and motorsport enthusiasts experience loud engine noise on a regular basis – both of these things can contribute to hearing loss and tinnitus.
- **People with Existing Behavioral Health Issues** – Mental and behavioral health problems do not cause tinnitus, but when they are concurrent with hearing loss or tinnitus they can make matters worse. People who have tinnitus and an existing mental or behavioral health issue are more likely to report that their tinnitus causes a significant negative impact on their daily lives.

Hopefully by now you're starting to develop a better understanding of your own tinnitus or, at the very least, what might have caused it. In the next chapter, we'll talk about the methods through which doctors are able to diagnose tinnitus as well as some testing methods for measuring or quantifying its effects. We'll also discuss potential complications of tinnitus, both for your health and for your life.

CHAPTER 2

DIAGNOSIS AND COMPLICATIONS OF TINNITUS

While occasional tinnitus is most likely nothing to worry about, it may be cause for concern if you experience a ringing, buzzing, or hissing in your ears that lasts for long periods of time and occurs with some frequency.

Though you already know that over 50 million Americans suffer from tinnitus, it is important to understand that this condition affects different people in different ways. Every year, the Centers for Disease Control and Prevention (CDC) conducts its National Health and Nutritional Examinations Survey and, in the 2011-2012 survey, they asked several questions about tinnitus.[5] Here are the results of those questions:

- 15% of survey respondents self-reported some form of tinnitus
- 67% of respondents reported having regular tinnitus symptoms for over a year
- 26% of respondents self-reported having constant or near-constant tinnitus
- 30% of respondents reported that their tinnitus caused a "moderate" to "very big" problem in their lives

Take a moment to think about how long you've been suffering from tinnitus and how much of an impact your own tinnitus has on your life. Do experience symptoms on a daily basis? Are they severe enough to negatively affect your day-to-day activity?

In this chapter, we're going to explore the methods through which tinnitus can be diagnosed and measured. We'll also talk about some of the specific ways it can affect your daily life and we'll get into some of the medical and physical complications that it can lead to as well.

5 "National Health and Nutrition Examination Survey 2011-2012 Data Documentation." CDC. <https://wwwn.cdc.gov/nchs/nhanes/2011-2012/AUQ_G.htm>

DIAGNOSING AND MEASURING TINNITUS

Because tinnitus is a subjective condition, it can sometimes be difficult to measure its impact on the patient. The first step in conventional treatment relies on measuring the audiometric qualities of the sound, however, as well as its impact. There are several tests doctors can use to evaluate and diagnose tinnitus, particularly in cases where it is caused by hearing loss:[6]

- **Speech Recognition Test** – This test is a subjective measure of the patient's hearing and ability to identify or repeat certain words – it is also sometimes known as speech audiometry.
- **Pure Tone Audiogram** – This is another subjective test and it measures the patient's hearing across multiple frequencies and volumes (in Hertz and decibels, respectively).
- **Tympanogram** – This is an objective test that measures function of the patient's middle ear, particularly the mobility of the tympanic membrane as well as the conduction bones.
- **Acoustic Reflex Testing** – This objective test measures the contraction of the patient's inner ear muscles in response to loud noises.
- **Otoacoustic Emission Testing** – This test involves using sensitive microphones to objectively measure movement of hair cells in the patient's middle ear.

These tests not only help to measure the quality of the patient's tinnitus, but they can also help to identify gaps in hearing – this is important because it is likely to correlate with the specific nature of the patient's tinnitus. In addition to performing these tests to measure tinnitus, supplemental tests may be required to determine the sound, pitch, and volume of the tinnitus. These tests may include the following:

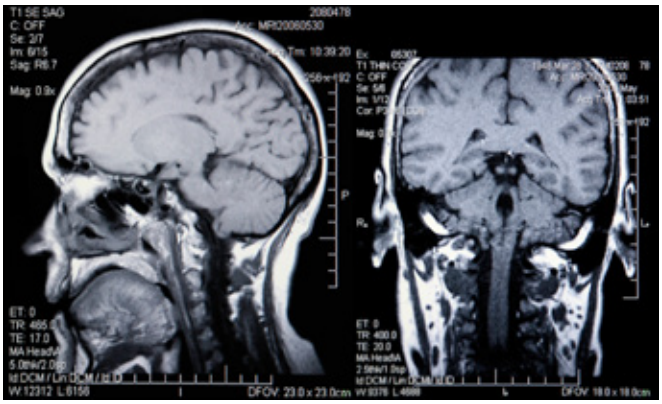
- **Tinnitus Sound Matching Test** – In this test, the patient is presented with common tinnitus sounds to help them identify the quality of their own tinnitus. These sounds can be adjusted for pitch and multiple sounds can be layered to produce an exact audio recreation of the patient's tinnitus. The results of sound matching can be used to personalize specific management therapies on an individual basis.
- **Minimum Masking Level Test** – This test is used to determine the volume at which an external sound

6 "Measuring Tinnitus." American Tinnitus Association. <https://www.ata.org/understanding-facts/measuring-tinnitus>

can cover the patient's perception of tinnitus. This test helps the doctor to determine how loud the tinnitus is and how loud/what type of sound can be used in masking and other sound therapies.

- **Loudness Discomfort Level Test** – This test is used to identify the volume at which external sounds become uncomfortable or painful for the patient. The results of this test can determine the feasibility of sound therapy, masking techniques, and hearing aids as potential treatments for tinnitus. It can also be used to measure the severity of a patient's hyperacusis.

Depending on your specific symptoms as well as your medical history and any relevant risk factors, your doctor may also recommend an MRI (magnetic resonance imaging) test but this is rare.



One important thing to keep in mind is that while tinnitus may not be a life-threatening condition, it can seriously impact your quality of life. Some of the most troubling complications related to tinnitus are cognitive rather than physical. Keep reading to learn more about the potential complications of tinnitus as well as its impact on daily living and quality of life.

HOW DOES IT AFFECT DAILY LIVING?

If you suffer from tinnitus yourself, you already know that it affects more than just your hearing. Depending on its severity and frequency, tinnitus can contribute to a laundry list of negative mental and cognitive side effects, not to mention medical and physical complications. Tinnitus can even have a negative effect on your quality of life.

Because tinnitus is a subjective condition, it can be difficult to measure its quality and severity – it can also be tricky to measure its impact on the patient's life. Clinicians and researchers have developed a set of tests to accomplish this goal, however. There are several different options, but they all serve to help quantify the patient's personal reaction to their tinnitus. Here are some of those tests:

- Tinnitus Handicap Inventory
- Tinnitus Reaction Questionnaire
- Tinnitus Functional Index
- Tinnitus Severity Index
- Visual Analog Scales

If you're curious to learn more about your own tinnitus, you'll find some of these tests in the back of this book in Appendix A. The tests you'll find are the Tinnitus Handicap Inventory (TFI), the Tinnitus Reaction Questionnaire (TRQ), and the Tinnitus Functional Index (TFI).

Keep in mind that these questionnaires are not to be used for self-diagnosis but answering the questions may help you gain a better understanding of your tinnitus and its impact on the various aspects of your life.

Tinnitus has the potential to affect nearly every aspect of your life. Not only can it make it difficult for you to concentrate at work or at school, but it may cause difficulties with hearing everyday conversation or even hearing yourself think. You may find it hard to sleep at night which can lead to a whole host of other problems and you may end up spending large sums of money on so-called "cures" that don't actually work.

Even though it isn't a life-threatening condition, tinnitus can cause other negative side effects including the following:

- Distress
- Anxiety
- Depression

- Mood swings
- Sleep disturbance
- Irritability
- Frustration
- Poor concentration

In some cases, it may even cause physical pain – this is often the case with patients who experience hyperacusis secondary to their tinnitus. To give you a more accurate picture of how tinnitus can impact your daily life, consider the results of a survey conducted by the American Tinnitus Association of over 1,000 of their members in 2014. For the first question, members were asked how much tinnitus impacts their daily life on a scale from 1 to 10 (1 being low, 10 being high).[7]

Here are the results:

1	2	3	4	5	6	7	8	9	10
4%	12%	20%	11%	12%	10%	12%	11%	4%	5%

7 "Impact of Tinnitus." American Tinnitus Association. <https://www.ata.org/understanding-facts/impact-tinnitus>

Another question these members were asked to answer was, "What best describes how tinnitus affects your day-to-day life?" Here is a summary of their responses:

- Barely notice it = 4%
- Ongoing depression = 7%
- Unable to work = 2%
- Social isolation = 7%
- Anxiety = 13%
- Trouble concentrating = 16%
- Sleep problems = 18%

In addition to these responses, 34% of participants commented that their tinnitus was "annoying, but [did] not significantly impact life." Unfortunately, not everyone who suffers from tinnitus is lucky enough to fall into that category. For many people, tinnitus is a daily occurrence and it can be significant enough that they have to change their lives or their lifestyles to accommodate it.

Another negative side effect of tinnitus that many people fail to consider is the economic impact. Everything from lost earnings and health expenses can cost up to $30,000 per year. The cost of tinnitus to society as a whole is estimated at more than $26 billion per year. For disability payments awarded by the VA for tinnitus-related costs, the annual total is nearly $1.5 billion.

MEDICAL COMPLICATIONS OF TINNITUS

While many of the complications related to chronic tinnitus are related to challenges with everyday life, there are also some medical complications to consider. Tinnitus is also affiliated with several comorbid conditions for which it is a symptom. Here is a quick list of the conditions with which tinnitus is most frequently associated:[8]

- **Hearing loss** – It is very common for tinnitus patients to also experience hearing loss and vice versa – in one survey, 56% of tinnitus patients reported some degree of hearing loss. Some researchers believe that subjective tinnitus cannot exist without any hearing loss, even if the patient isn't cognizant of that loss. If this is true, it would mean that the prevalence of comorbid hearing loss and tinnitus is drastically underreported.

8 "Related Conditions." American Tinnitus Association. <https://www.ata.org/understanding-facts/related-conditions>

- **Ménière's Disease** – Also known as endolymphatic hydrops, Ménière's Disease is a type of vestibular disease affecting the inner ear. This condition can cause trouble with balance as well as hearing and many patients also experience mild-to-severe vertigo in addition to sporadic bouts of tinnitus. It is estimated that 0.02% of the American population has Ménière's Disease – about 615,000 people.
- **Hyperacusis** – An estimated 7.7% to 15% of the American population suffers from hyperacusis which is defined as an abnormal, extreme sensitivity to noise. Not only are patients extremely sensitive to loud noise, but also to normal everyday sounds at the usual volume. Patients with hyperacusis often experience physical pain triggered by sound.
- **Misophonia** – This disorder is different from hyperacusis in that it is a type of selective sound sensitivity. Misophonia is characterized by an abnormal negative emotional reaction to specific noises such as chewing, yawning, or breathing. Patients with misophonia experience extreme disgust, anger, or fear toward such noises and the condition is estimated to affect 4% to 5% of tinnitus patients.[9]
- **Phonophobia** – This condition is characterized by a fearful emotional reaction to certain loud sounds or to sudden loud sounds. These sounds can induce a panic response as well as an intense fear, a desire to flee, excessive sweating, and irregular heartbeat.[10]
- **Depression/Anxiety** – Mental health issues such as anxiety and depression can be both a contributing factor to burdensome tinnitus as well as a related complication. On the one hand, chronic tinnitus can trigger feelings of despair, hopelessness, and anxiety in patients. On the other end of things, having a preexisting condition (such as mental illness) may make tinnitus patients more likely to qualify their tinnitus as burdensome. Current research suggests that as many as 48% to 78% of tinnitus sufferers also experience depression, anxiety, or some other behavioral or mood disorder.

9 Cartreine, James. "Misophonia: When Sounds Really Do Make You Crazy." Harvard Health. <https://www.health.harvard.edu/blog/misophonia-sounds-really-make-crazy-2017042111534>

10 "Phonophobia." Hear-It. <https://www.hear-it.org/Phonophobia>

- **Vestibular disease** – The vestibular system is associated with balance and spatial orientation. As such, it is closely linked to the auditory system which controls your hearing. Structures within the ear have a hand in both of these systems, so damage to one is likely to be mirrored in some way in the other.

The relationship between tinnitus and the conditions on this list can be very complex. In some cases, the condition itself is what causes tinnitus – this is particularly true with hearing loss and with Ménière's Disease. In other cases, however, tinnitus may exacerbate the underlying condition, as is the case with hyperacusis. There are also cases where both the tinnitus and the comorbid condition have the same underlying cause – this may be the case with mental health issues such as anxiety and depression.

Though these conditions are unpleasant and certain worthy of concern, there is one more complication that many people do not readily associate with tinnitus – neurodegeneration. Unfortunately, this side effect is one with which I am all too familiar because it affected my wife, Jo.

If you think back to the introduction where I shared some of my story, you'll remember that Jo's tinnitus suddenly got ten times worse while we were watching our daughter Isabelle perform in the school play. After that, Jo gradually became more forgetful and confused. She would lose track of her thoughts mid-sentence and forget where she had put things. All the while, she swore nothing was wrong, but I was worried.

So, I asked her to take the "Test Your Memory" exam developed by researchers at Cambridge University in the UK to help diagnose dementia.[11]

To get things started, I took the test myself and scored 48 out of 50. When Jo took it, she scored a 36. It wasn't as low as it could have been, but it was definitely low enough for me to become even more concerned – so concerned, in fact, that I took Jo to see our doctor one more time. That's when we got some devastating news – at the age of 46, my wife was starting to show signs of dementia. (You can take the test yourself – find it in the back of this book in Appendix A).

Though our doctor did his best to explain what was going on, it became clear that he was just as puzzled as we were. So, I hit the books again and started to do some of my own research. Shockingly, I found a study that offered a clear link between tinnitus and neurodegeneration.

11 "Test Your Memory Test." TYMtest.com. < http://www.tymtest.com/>

Here is a summary of that study...

In a 2007 study published in the *International Tinnitus Journal*, a total of 96 patients between the ages of 22 and 90 years (all of whom had subjective idiopathic tinnitus of the severe disabling type) engaged in neurological consultations between November 1, 2005 and June 30, 2007. Of those, a whopping 89% exhibit signs of neurodegeneration.[12]

Are you as shocked by this correlation as I was?

I'm going to talk more about this particular complication of tinnitus later in this book when we start getting into the details of the Tonaki Tinnitus Protocol but, for now, I want to take a closer look at what qualifies as severe disabling tinnitus (SDT) because that is the form of tinnitus correlated with neurodegeneration and the type that my wife Jo suffered from which led me to develop the protocol in the first place.

So, what exactly is severe disabling tinnitus?

The thing to remember is that SDT is not a specific "type" of tinnitus, per say. Rather, it is a measurement of its severity – of how much it affects the patient's life. If you think back to the beginning of this chapter, you'll recall how challenging it can be to diagnose and measure the severity of tinnitus

because it is so subjective. This being the case, there are no specific symptoms correlated with severe disabling tinnitus – the determining factor is the degree to which the condition becomes disabling.

The simplest definition of SDT comes from a letter to the editor published in the Journal of the American Medical Association for Otolaryngology – Head & Neck Surgery which describes severe disabling tinnitus as tinnitus that, "alters the patient's routine and makes him or her unable to perform daily tasks efficiently."[13]

Talking about the degree to which your tinnitus affects your daily life leads us into the next point of discussion – invisible illness or invisible disability. Tinnitus is a much different condition than something like multiple sclerosis or developmental disorders where the effects of the disease are external and obvious. Keep reading to learn more.

12 Shulman A. "Central Nervous System Neurodegeneration and Tinnitus: A Clinical Experience. Part I: Diagnosis." Int Tinnitus J. 2007; 13(2): 118-31. <https://www.ncbi.nlm.nih.gov/pubmed/18229791>

13 Langenbach, Michael. "Psychological Factors in Severe Disabling Tinnitus." JAMA Otolaryngology. 2005 Sep; 131. <https://jamanetwork.com/journals/jamaotolaryngology/article-abstract/649456>

LIVING WITH AN INVISIBLE ILLNESS

Outside of the comorbid conditions and other complications related to tinnitus, there is an additional challenge associated with living with something known as an "invisible illness." When it comes to invisible illness, things like fibromyalgia or chronic fatigue syndrome come to mind because they are some of the most common, but tinnitus – particularly severe disabling tinnitus – definitely belongs on the list.[14]

So, what exactly makes something an invisible illness and what are the challenges associated with living with an invisible illness?

When you think about illness or injury, you probably think of things that have visible or outward symptoms. For example, if you broke your arm you would be able to see the injury (even if only by x-ray) and others would be able to see it as well. With an invisible illness, you may experience pain and other symptoms, but the disease itself may not be obvious or visible to others.

In the case of tinnitus, the ringing sound in your ears is something only you experience – even your doctor may be unable to see or hear your symptoms.

If your tinnitus is affecting your life in a negative way, you should take the time to learn how to help others understand your condition, a condition that they cannot see or evaluate for themselves. It starts with our doctor – your first challenge is to present your symptoms to a qualified physician who will help you determine the cause and make a diagnosis. Once you have an understanding of your condition, you can move on to educating your friends and family.

You don't necessarily need to wear a sign around your neck that reads "I have tinnitus," but you should make an effort to communicate with the people in your life about your condition and the way it affects you.

For friends and family, you should have an open and honest conversation about your tinnitus. It may be difficult to talk about it at first but explaining your experience with the condition will help the people who are close to you understand it and (hopefully) help them help you, when you need it. It may also be beneficial for you to be upfront about it and tell your loved ones what they can do to help.

14 Myers, Wyatt. "Invisible Illness: When Others Can't See Your Pain." Everyday Health. <https://www.everydayhealth.com/pain-management/invisible-illness-when-others-cant-see-your-pain.aspx>

It may be a little more challenging to talk about your condition with co-workers or your boss, but it is just as important. If your tinnitus is manageable, talk to your boss about modifications that may help you continue to perform your job. If your tinnitus becomes too severe for you to work, that's an entirely different conversation you might need to have. You may also need to bring your doctor in on things to legitimize your claims, just in case your boss tries to give you trouble.

In addition to learning how to share your experience with the people in your life, you too need to learn how to adapt to having an invisible illness.

The most important thing you can do is to learn your limitations. Some days will be better than others, so take advantage of the good days when you have them. On the bad days, keep a mental (or physical) list of things that either help to reduce your tinnitus or that help you cope with the pain, discomfort, and frustration it causes. It may take time for you to learn these things, but it is definitely worth the effort.

Now that you have a better understanding of how tinnitus is diagnosed and how it can affect every aspect of your life, let's move on to current treatment methods. If you've been suffering from tinnitus for any length of time, the chances are good that you've tried some or all of these treatments to no avail. Taking the time to go through them in detail is important, however, because it will help you learn how these treatments fall short and how the Tonaki Tinnitus Protocol actually works. So, keep reading!

CHAPTER 3

HOW DO CONVENTIONAL TREATMENTS FALL SHORT?

Medical doctors and researchers would have you believe that there is no cure for tinnitus. If you've heard this before once, twice, or a dozen times, you're not alone – Jo and I visited dozens of doctors and specialists, but none were able to cure her tinnitus or even provide a modicum of relief.

If you've made it to this point in the book, however, you already know that I have discovered the "secret to silence" for tinnitus and that I'll be providing you with an exact formula to follow in the form of delicious daily smoothies.

Before we get into all of that, however, I want to take you through the conventional treatments that currently exist for tinnitus, so you can see how they fall short. In this chapter, we'll review common medical treatments for tinnitus including sound therapy, hearing aids, cognitive behavioral therapy, and medication. We'll also take a look at alternative therapies and distraction techniques.

So, if you're ready to see just why conventional treatments for tinnitus don't work so you can better understand the power behind my Tonaki Tinnitus Protocol, simply keep on reading!

TREATING THE UNDERLYING CAUSE

In cases of newly developed tinnitus, your doctor will likely want to run a series of tests to determine the underlying cause. Think back to the previous chapter where we discussed some of the comorbid conditions for tinnitus or back to the chapter before that where we talked about some of the causes. Here is a quick review of some of the potential underlying causes of tinnitus:

- Compacted ear wax
- Chronic stress/inflammation
- Middle ear infections

- Large doses of medication (like aspirin)
- Ménière's disease
- TMJ disorders

In cases where compacted ear wax is causing your tinnitus, the solution is simple – remove the compacted ear wax. If it is very severe, your doctor may want to perform the procedure himself and will most likely use an instrument called a curet. You can also soften the wax using a few drops of baby oil or mineral oil to make it easier to remove or you could flush the ear with warm water.[15]

When it comes to relieving stress, there are many different options you can try. Meditation or mindfulness exercises may help to not only relax you, but to distract you from your tinnitus as well. You can try deep breathing exercises or simply take a break and do an activity you enjoy for 20 to 30 minutes. Taking the time to write out a to-do list for the day ahead and getting things like your lunch or your outfit ready ahead of time may help you start your day at a lower stress level.

Infection of the middle ear is also known as acute otitis media and it is typically caused by bacteria or virus. This infection affects the middle ear which is the air-filled space behind the eardrum which contains the tiny bones of the ear. Causes of middle ear infections include swelling, inflammation, or mucus buildup in the eustachian tubes as well as seasonal allergies and air pollution. Treatment for middle ear infections varies depending on the severity and the underlying cause – many doctors recommend a wait-and-see approach. Other options include pain medication or antibiotic ear drops.[16]

Ménière's disease is a condition that affects the inner ear as well and it causes recurrent episodes of vertigo as well as hearing loss, tinnitus, and pressure in the ear. The cause of this disease is not fully understood, but it is thought to be the result of abnormal fluid buildup in the inner ear. Other factors that may contribute include improper fluid drainage, abnormal immune response, allergies, viral infection, head trauma, and frequent migraines. Treatment typically involves anti-nausea mediations, diuretic medications, and noninvasive therapies like rehabilitation and hearing aids.[17]

15 "Earwax Blockage." Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/earwax-blockage/diagnosis-treatment/drc-20353007>

16 "Ear Infection (Middle Ear)." Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/ear-infections/diagnosis-treatment/drc-20351622>

17 "Meniere's Disease." Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/menieres-disease/symptoms-causes/syc-20374910

The temporomandibular joint (TMJ) is what connects the jawbone to the skull and there is one joint on either side of your head. TMJ disorders can cause pain in the joint itself as well as the muscles that control the movement of your jaw. Other symptoms may include an aching pain in and around the ear, difficulty chewing, and locking of the joint – TMJ disorders may also contribute to or exacerbate tinnitus. Treatment options involve pain relieving medications, non-drug therapies, and surgical procedures.[18]

Other potential causes for tinnitus include head trauma and large doses of medications such as aspirin. In these cases, treatment may involve stopping use of the offending medication or engaging in therapy to treat any damage caused by the trauma. As long as the underlying condition is the primary cause of your tinnitus, treating the condition may resolve your tinnitus.

Unfortunately, cases of severe tinnitus can be complicated and may have several underlying causes which makes it more difficult to treat. Keep reading to learn more about medical treatments for tinnitus.

MEDICAL TREATMENTS FOR TINNITUS

In cases where tinnitus cannot be resolved by treating the underlying condition, the goal of treatment becomes lowering the perceived burden of tinnitus. If you think back to the previous chapter, you'll remember that there are various tools to use in measuring your tinnitus burden – you may have even completed one of the questionnaires to measure your own tinnitus burden. If your tinnitus is disruptive or distressing, your doctor may recommend medical treatment.

So, what medical treatments are out there for tinnitus?

Sadly, there are no FDA-approved drugs currently available that are specifically designed to treat tinnitus. There are, however, several types of existing medication that have been shown to improve management of tinnitus and to reduce symptoms. The important thing to remember is that medications cannot cure tinnitus – they can only provide relief from severe symptoms, in some cases.

The medications used most often to treat tinnitus include antidepressants and antianxiety drugs. While these

18 "TMJ Disorders." Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/tmj/symptoms-causes/syc-20350941>

drugs may not resolve any underlying health problems, they can help improve the behavioral issues that often come with tinnitus – things like stress, anxiety, and depression. Taking antidepressants or antianxiety medications may help reduce the psychological burden of your tinnitus.

Here is a quick list of some of the drugs most commonly prescribed for tinnitus relief:[19]

- Desipramine (Norpramin)
- Imipramine (Tofranil)
- Clomipramine (Anafranil)
- Nortriptyline (Pamelor)
- Protriptyline (Vivactil)
- Alprazolam (Xanax)
- Diazepam (Valium)
- Clonazepam (Klonapin)
- Lorazepam (Ativan)

In addition to these medications, there are a number of off-label and over-the-counter drugs and supplements that some people take for tinnitus. An off-label medication is simply a drug being used for a purpose other than the purpose for which it has been approved by the FDA. Some off-label drugs you might see used for tinnitus include anticonvulsants, antihistamines, anesthetics, and even anti-alcohol medications. Over-the-counter drugs are sometimes marketed as tinnitus remedies but there is no scientific evidence to support their efficacy.

Before taking any kind of medication, for tinnitus or otherwise, it is important to keep a few things in mind. First and foremost, you should never stop or start taking any medication without your doctor's approval. Your doctor can help you decide which (if any) medication is the right option for you and which dosage is the most appropriate. You should also check for potential interactions with other drugs you are taking – this includes over-the-counter and off-label drugs as well as supplements.

Perhaps the most important thing to consider is the potential for side effects. All drugs come with a risk of side effects and they can be very unpredictable for antidepressants in particular. Here are some of the most common side effects:[20]

- Headaches
- Muscle or joint pain
- Nausea
- Skin rashes

19 "Drug Therapies." American Tinnitus Association. <https://www.ata.org/managing-your-tinnitus/treatment-options/drug-therapies>

20 Iliades, Chris. "7 Antidepressant Side Effects." Everyday Health. <https://www.everydayhealth.com/depression/drug-side-effects.aspx>

- Diarrhea
- Sleep disturbance
- Grogginess
- Weight gain
- Suicidal thinking
- Decreased libido

When it comes to side effects specifically related to tinnitus, SSRI medications have been shown to reduce neural plasticity in the brain. Neural plasticity is the brain's ability to adapt to change – for neurons to actively change in both form and function in response to changes in the environment.[21] Reduced neural plasticity may make it more difficult for you to habituate, or to learn how to ignore the sound of your tinnitus.

Before we move on, I want to mention one more drug that is sometimes used to treat tinnitus – fluoxetine or Prozac. While this drug is now known to exacerbate tinnitus symptoms, these effects had not yet been discovered when my wife's doctor prescribed it for her. Prozac is a selective serotonin reuptake inhibitor (SSRI), a class of drugs that has been clinically proven to make tinnitus worse.

In one mouse study conducted by the School of Medicine at Oregon Health & Science University (OHSU), serotonin was found to cause cells in the sensory processing part of the brain to become hyperactive and hypersensitive to sound.[22] This is very similar to what happened to Jo, so I want to caution you against taking antidepressants of any kind for treatment of your tinnitus.

So, if antidepressant and antianxiety medications aren't worth the risk, what other treatment options are there? Keep reading to learn about noise suppression, distraction techniques, and alternative therapies for tinnitus.

NOISE SUPPRESSION AND DISTRACTION TECHNIQUES

As you well know, tinnitus is a subjective sound – one that only you can hear. Even so, it is possible to use external noise to counteract your perception of as well as your reaction to your tinnitus – this is called sound therapy.

The term "sound therapy" is very broad and it can be used in a number of different ways depending on the situation. Generally speaking, sound therapy involves the use of external

21 Kaas, J.H. "Neural Plasticity." Science Direct. <https://www.sciencedirect.com/topics/neuroscience/neuroplasticity

22 Tang, Zheng-Quan." Serotonergic Regulation of Excitability of Principal Cells of the Dorsal Cochlear Nucleus." *The Journal of Neuroscience*. 2015 Mar; 35(11): 4540-4551. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4363383/>

noise to change your perception of your tinnitus. As is true for medical treatments, sound therapy cannot cure tinnitus, but it can reduce the burden and improve your quality of life.

When it comes to the different types of sound therapy, there are four primary mechanisms – here they are:

- Masking
- Distraction
- Habituation
- Neuromodulation

Sound masking involves exposing the patient to some external noise at a volume loud enough that it partially or completely covers the sound of their tinnitus. Distraction involves using an external sound to divert your attention away from your tinnitus and habituation involves retraining the brain to identify tinnitus as an unimportant sound that can be ignored. Neuromodulation involves using specialized sound to minimize the neural hyperactivity that is thought to contribute to tinnitus.

There are several methods through which sound therapy can be applied. One option is a sound masking device or a sound machine. A sound making device is a machine that generates background noise such as white noise, pink noise, or nature sounds. These machines are usually fairly small and can sit on your bedside table, so you can use it to help you fall asleep. Aside from actual sound masking devices, things like electric fans, table fountains, and even the radio can be used for tinnitus masking.

Another device that can help you manage your tinnitus is a hearing aid. A hearing aid is a small device worn behind the ear that consists of a microphone, amplifier, and a speaker. These devices can be used to supplement the volume of external noise received and processed by your auditory system. By increasing the volume of external noise, it may help distract you from the sound of your tinnitus.[23] According to a 2007 survey, 60% of people who used hearing aids experienced relief from their tinnitus and 22% experienced significant relief.[24]

In addition to increasing the volume of external sounds to distract you from your tinnitus, hearing aids can also support improved communication. If your tinnitus is very loud, you may have a hard time hearing or following a conversation – a hearing aid will amplify

23 "Hearing Aids." American Tinnitus Association. <https://www.ata.org/managing-your-tinnitus/treatment-options/hearing-aids>

24 "Tinnitus Treatment and the Effectiveness of Hearing Aids: Hearing Care Professional Perceptions." The Hearing Review. <http://www.hearingreview.com/2008/12/tinnitus-treatment-and-the-effectiveness-of-hearing-aids-hearing-care-professional-perceptions/>

the sound, so you can engage in normal activities like talking on the phone, watching TV, or listening to the radio. In extreme cases, a cochlear implant may be beneficial – this is a device surgically implanted that helps amplify sound to relieve tinnitus symptoms.

If neither sound-making devices nor hearing aids are enough to alleviate your tinnitus, there is another option – a medical-grade device that produces sounds customized to you and your tinnitus. These devices play specialized notched-music or algorithmically-modified sounds that emphasis specific frequencies and tones. In most cases, these tones are at a level you won't consciously perceive, but it will help reduce the intensity of your tinnitus. These devices work for habituation – they help you retrain your brain to ignore the sound of your tinnitus by making it less noticeable.

Any of these sound therapies could help reduce the burden of your tinnitus, but they will not affect the underlying cause or provide any meaningful cure. Even so, they may help to alleviate or reduce some of your tinnitus symptoms while you work your way through the Tonaki Tinnitus Protocol.

Now that you have a better understanding of the more conventional treatments for tinnitus, let's take the time to talk about some alternative therapies.

ALTERNATIVE THERAPIES FOR TINNITUS

In the same way that medical treatments and sound therapy can't actually cure your tinnitus, alternative therapies may only help to reduce the burden of your tinnitus. Chronic tinnitus, particularly severe disabling tinnitus, can contribute to some serious psychological issues such as anxiety, depression, and anger. Alternative therapies work best to reduce this particular aspect of your tinnitus burden.

There are several different options for alternative tinnitus therapies – here is a quick list of those options:[25]

- Cognitive behavioral therapy (CBT)
- Mindfulness-based stress reduction (MBSR)
- Acceptance and commitment therapy (ACT)
- Tinnitus activities treatment (TAT)
- Tinnitus retraining therapy (TRT)
- Progressive tinnitus management (PTM)

25 "Behavioral Therapies." American Tinnitus Association. <https://www.ata.org/managing-your-tinnitus/treatment-options/behavioral-therapies>

Each of these therapies has its own benefits but they generally require you to work with a behavioral health specialist in addition to your regular doctor. You may need to coordinate your care with multiple providers which can be confusing and expensive. You should also consider that these treatment options take time to work – you may need to engage in weekly sessions for months or years to really see any significant results. This is what makes the Tonaki Tinnitus Protocol so amazing – it provides results in as few as 21 days.

Before we get into details about the protocol and how it works, however, let's take the time to review the alternative tinnitus treatments listed above.

The therapies listed above are often classified as behavioral therapies because they focus on the patient's emotional and psychological reaction to their tinnitus rather than any physical symptoms. These therapies have been shown to reduce the distress, depression, and anxiety associated with burdensome tinnitus and to improve the patient's overall quality of life. Patients with severe tinnitus who lack coping techniques are more likely to be depressed and more likely to develop perceived handicaps related to their tinnitus. Behavioral therapies help you to build those coping mechanisms and to change negative patterns of thought and behavior that could be negatively impacting your tinnitus.[26]

So, what makes each of these therapies unique? Let's take a quick look at each one.

Cognitive behavioral therapy (CBT) is a combination of talk therapy and behavioral therapy in which you learn to change negative patterns of thought into positive thoughts and behaviors. This form of therapy can be applied to a wide range of conditions including depression, anxiety, eating disorders, and more – even tinnitus. In CBT, your therapist will help you recognize and understand the way in which your thoughts influence your emotions as well as your behaviors.[27] They will also help you develop healthy ways to change your negative thoughts to help you cope with your tinnitus and its impact on your life.

Mindfulness-based stress reduction (MBSR) is a type of therapy that involves cultivating an acute but non-judgmental awareness of the physical sensations affecting your body as well as your emotions and thoughts. Instead of trying

26 "Behavioral Therapies." American Tinnitus Association. <https://www.ata.org/managing-your-tinnitus/treatment-options/behavioral-therapies>

27 Gleissner, Greta. "What is CBT?" Psychology Today. <https://www.psychologytoday.com/us/blog/bottoms/201611/what-is-cbt>

to ignore your tinnitus, MBSR teaches you how to accept and embrace your experience, whatever it may be. It may also help you deal with some of the negative emotions connected to your tinnitus. We'll go into greater detail about mindfulness and how to do it in Chapter 7 of this book.

Similar to mindfulness, acceptance and commitment therapy (ACT) teaches you to accept and embrace your experience as far as your emotions, thoughts, and perceptions go. Rather than trying to quell your negative thoughts and feelings, you accept them and learn how to control them. Tinnitus activities treatment (TAT) is a form of CBT where you follow a learning-based approach to exploring four specific areas of your life impacted by your tinnitus – your thoughts and emotions, your sleep, your hearing and communication, and your concentration.

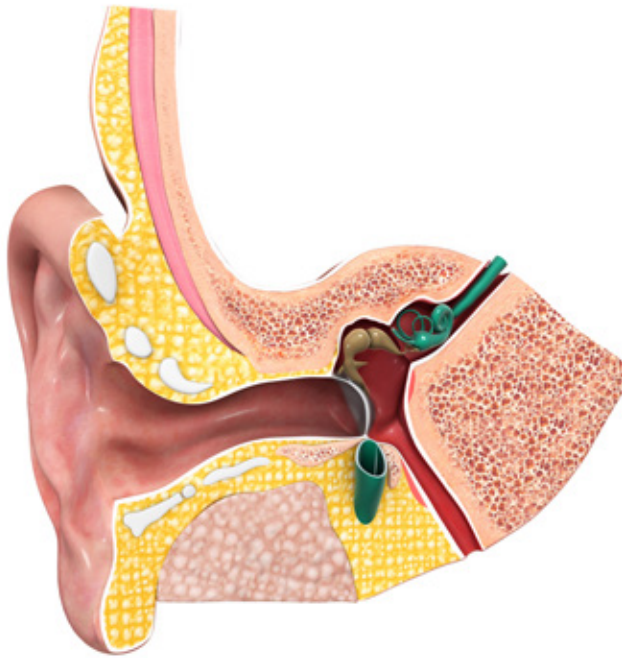
Tinnitus retraining therapy (TRT) uses a combination of cognitive behavioral therapy and sound masking to habituate you to your tinnitus – to retrain your brain to recognize your tinnitus as unimportant so you can learn to ignore it. The CBT component involves retraining your brain in the way you perceive your tinnitus, turning it into an emotionally-

neutral signal rather than a distressing one. To further habituate you, you also use constant low-level broadband sound. Progressive tinnitus management (PTM) takes things a step further – it is an incremental approach that combines behavioral and sound therapy with comprehensive patient education.

Again, you should keep in mind that alternative therapies for tinnitus may not repair any underlying conditions or provide a meaningful cure. They can, however, help you learn how to cope with your tinnitus or lessen its burden while you give the Tonaki Tinnitus Protocol time to work. In the next chapter, we're going to start getting into the details of my "secret to silence" so you can see how the 21-day protocol works to provide the relief you crave that traditional treatments can't offer.

CHAPTER 4

THE REAL CAUSE OF TINNITUS (AND THE SOLUTION)



This is it – the moment you've been waiting for.

It's finally time to reveal the "secret to silence" – the REAL truth behind your tinnitus and the power behind the Tonaki Tinnitus Protocol.

If you think back to the introduction to this book, you'll remember that I mentioned a special type of "nerve fat" that people with severe tinnitus all seem to be lacking. Well, it's finally time to get into the details about that special fat. In this chapter, we'll discuss exactly what that special nerve fat is and how it contributes to tinnitus. We'll also talk about how to reverse your tinnitus by rebuilding that fat.

So, if you're ready to learn exactly what makes the Tonaki Tinnitus Protocol so unique and so powerful, just keep reading!

THE ROOT CAUSE OF TINNITUS IS LACK OF THIS "NERVE FAT"

As I already mentioned, the underlying cause of your tinnitus has to do with a special type of nerve fat that you may be lacking. What I'm talking about is something called the myelin sheath – it's a layer of protective fat that surrounds the auditory nerve.

But before I talk too much about that, let's take a look at the anatomy of your ear and of your auditory system as a whole.

First and foremost, the human ear is made up of three parts – the external ear, the middle ear, and the inner ear. The external ear is known as the auricle, the middle ear as the tympanic cavity, and the inner ear as the labyrinthine.
The middle ear is made up of the malleus, the incus, and the stapes while the inner ear contains the semicircular canals, the vestibule, and the cochlea. Technically speaking, these three parts

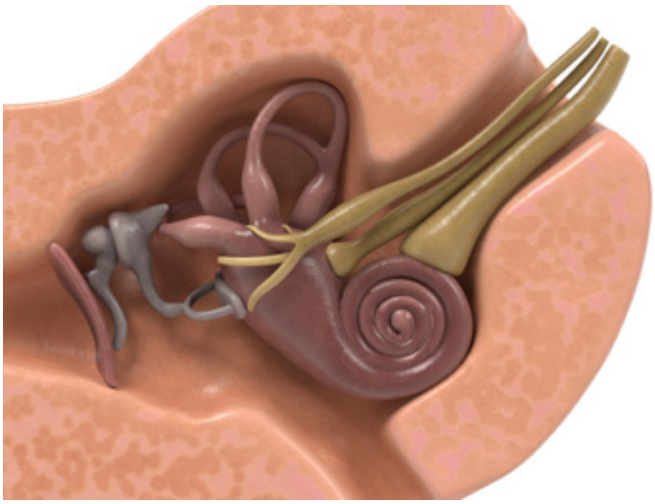
can be considered three separate organs that work together to promote hearing and balance.[28]

For our purposes, the part of the ear we want to focus on is the cochlea. This is a small organ located within the inner ear and it is essential for hearing. The cochlea is shaped like a small snail shell comprised of 2.5 turns of a canal that is coiled around the central modiolus. Inside the bony cochlea is a membranous cochlea where sound is transferred from the middle ear to the cochlear endolymph via pressure waves. The resulting energy is than converted into electrical energy and transmitted to the central nervous system as sound via the cochlea nerve (auditory nerve).[29]

If that sounds a little bit complicated to you, you are entirely correct – the auditory system in the human body is highly complex. The main thing you need to understand is that when sound enters your ear, it travels through various canals where it is amplified and converted into signals that the auditory nerve sends to your brain where those sounds are interpreted as hearing.

As you can see, the auditory nerve is essential for healthy and normal hearing – without it, your brain wouldn't be able to receive sound signals from your ear which allow you to hear things.

Now, back to that special "nerve fat" we were talking about.



The auditory nerve is made up of some 30,000 individual nerve fibers. Each of these fibers is made up of two parts – the peripheral process and the axon (also known as the peripheral axon and the central axon). Both of these axons are myelinated – this simply means that they are encased in a layer of lipid-rich substance collectively known as the myelin sheath.

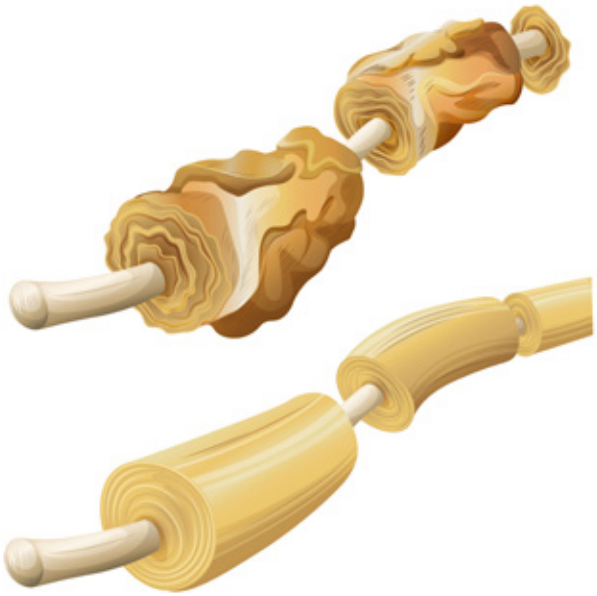
The myelin sheath is an electrically insulating layer of cells that helps increase the speed with which electrical impulse travel along the nerve fiber. In a way, the myelin sheath helps to contain those electrical impulses, so they travel directly to the brain without becoming fragmented or broken. The myelin sheath also provides a track along which regrowth can occur if a peripheral fiber becomes severed.[30]

Now can you see why this special nerve fat is so important?

28 "Ear Anatomy." Medscape. <https://emedicine.medscape.com/article/1948907-overview>
29 "Gross Anatomy." Medscape. <https://emedicine.medscape.com/article/1948907-overview#a2>
30 Robertson, Sally. "Myelin Function." News Medical. <https://www.news-medical.net/health/Myelin-Function.aspx>

In addition to making sure that sound signals travel directly from the ear to the brain, the myelin sheath acts as a protective layer around auditory nerve fibers that helps them to regenerate should they become broken.

Okay, so what does this have to do with tinnitus?



It's really quite simple – damage to the myelin sheath has been linked to tinnitus. When the myelin sheath sustains damage, the fibers in the auditory nerve are less able to conduct electrical impulses to the brain. Those damaged areas may also form scar tissue which further disrupts their conduction capacity. The more myelin is destroyed, the more the function of the auditory nerve is impacted.

Let's take a closer look at exactly how this happens.

Remember that study I mentioned earlier? The one conducted by Dr. Martine Hamman from the University of Leicester in England? Well, that's the study that led me on the path to discovering the "secret to silence" that became the backbone of my Tonaki Tinnitus Protocol.

Here's what you need to know about this study:[31]

- The study was published in the *Journal of Neuroscience* in February 2014 and was designed to determine whether, in addition to inducing hearing loss, exposure to loud sound (acoustic overexposure or AOE) could induce changes in the myelin sheaths of the auditory nerve.
- A total of 43 Wistar rats were used in the study – they were anesthetized and then exposed to loud, single-tone frequencies for a total exposure time of 9 hours (3 hours per day over 3 consecutive days).
- Coronal brainstem slices were obtained from the rats in both the control and experimental groups so the AN fibers could be evaluated for morphological and electrophysiological changes.
- To summarize the results, rats exposed to AOE exhibited hearing loss as well as changes to the myelin sheaths of the auditory nerve which resulted in impaired axonal conduction.

31 Hamman, Martine. "Auditory Nerve Perinodal Demyelination in Noise-Induced Hearing Loss." *Journal of Neuroscience*. 2014 Feb; 34(7): 2684-2688. <http://www.jneurosci.org/content/34/7/2684>

Though this study was conducted on rats, Dr. Hamman suggested that the results were likely to bring a significant healthcare benefit to the world. She has been quoted saying that, "the work will help prevention as well as progression into finding appropriate cures for hearing loss and possibly tinnitus developing from hearing loss."[32]

In addition to commenting on the potential benefits of her research for improving prevention of hearing loss, Dr. Hamman also stated that her research which demonstrates a link between a deficit in the myelin sheath of the auditory nerve and hearing loss has additional implications. Specifically, she has been quoted saying that, "[it] means that we can also get closer to target those deficits, for example by promoting myelin repair after acoustic trauma or during age related hearing loss."[33]

Well, Dr. Hamman was exactly right because it was her research that helped lead me to the cure for tinnitus known as the Tonaki Tinnitus Protocol!

WHAT CAUSES DAMAGE TO THE MYELIN SHEATH?

So, now that we know how damage to the myelin sheath contributes to hearing loss and tinnitus, let's take a look at some of the things that contribute to that damage.

The process through which myelin becomes damaged or lost is known as demyelination and it is closely linked to a wide variety of neurodegenerative diseases such as multiple sclerosis, Guillain-Barre syndrome, leukodystrophy, and Charcot-Marie-Tooth disease. As myelin degrades, the conduction along the nerve becomes impaired and the nerve itself may begin to wither.

In some cases, demyelination is caused by autoimmune activity, but it can also be the result of chronic inflammation, oxidative stress, and other factors.

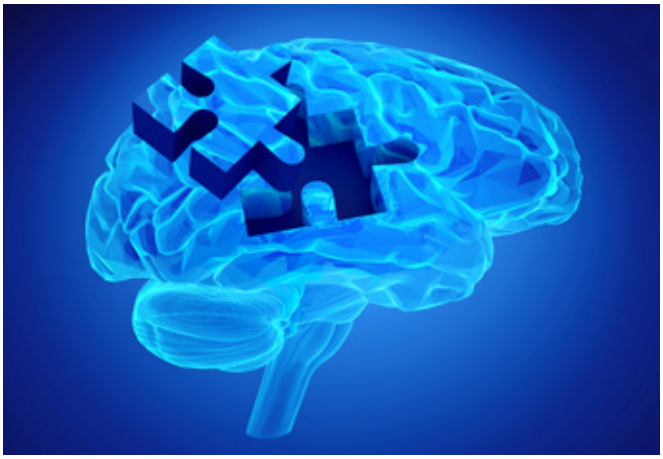
Symptoms of demyelination differ depending on the nerves affected and the degree to which their function is impaired. Some common symptoms of demyelination include the following:[34]

- Double vision
- Blurred central vision

32 "Tinnitus Study Signals New Advance in Understanding Link Between Exposure to Loud Sounds and Hearing Loss." University of Leicester. <https://www2.le.ac.uk/offices/press/press-releases/2014/february/tinnitus-study-signals-new-advance-in-understanding-link-between-exposure-to-loud-sounds-and-hearing-loss>

33 "Music to Your Ears? New Research Examines Evidence of Damage to Your Hearing." Medical xPress. <https://medicalxpress.com/news/2014-08-music-ears-evidence.html>

34 "Demyelination: What Is It and Why Does it Happen?" Healthline. <https://www.healthline.com/health/multiple-sclerosis/demyelination#symptoms>



- Loss of vision
- Hearing loss
- Numbness or tingling
- Weakness
- Memory loss
- Speech impairment
- Cognitive disruption
- Heat sensitivity
- Loss of dexterity
- Trouble with balance
- Loss of coordination
- Incontinence
- Fatigue
- Tinnitus

Again, the symptoms associated with demyelination depend on the cause. As such, there are different types of demyelination and various demyelinating diseases including the following:[35]

- Inflammatory demyelination
- Viral demyelination
- Multiple sclerosis
- Neuromyelitis optica
- Transverse myelitis
- Acute disseminated encephalomyelitis
- Adrenoleukodystrophy

Inflammatory demyelination is when the body's immune system mistakenly attacks healthy myelin – this is what happens in cases of multiple sclerosis, optic neuritis, and acute disseminated encephalomyelitis. These conditions are caused by inflammation in the brain and spinal cord that results from demyelination. Viral demyelination occurs in cases of progressive multifocal leukoencephalopathy which is caused by the JC virus.

Neuromyelitis optica is also known as Devic's disease and it is caused by demyelination that affects the spine and limbs, resulting in bladder and bowel problems. Transverse myelitis is caused by inflammation of the spinal cord and it can lead to a loss of sensation, pain, or weakness in the arms and legs in addition to problems with the bladder and bowels. Acute disseminated encephalomyelitis is characterized by widespread inflammation in the brain and spinal cord which can lead to fever, headaches, exhaustion, nausea, and vomiting. Adrenoleukodystrophy is a rare, inherited demyelinating disease caused by a genetic mutation.

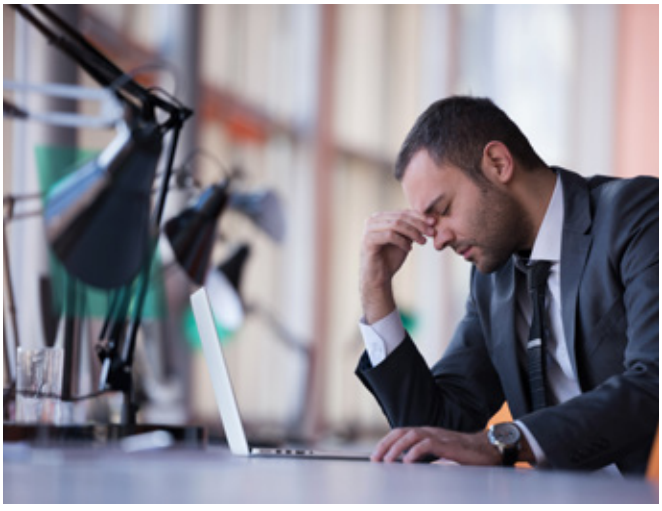
So, now that you know what kind of diseases are caused by demyelination, you may be wondering what else could cause damage to the myelin sheath protecting the auditory nerve in particular. There are several options:

35 Railton, David. "What's to Know About Demyelination?" Medical News Today. <https://www.medicalnewstoday.com/articles/318750.php>

- Oxidative stress
- Age-related hearing loss
- Viral infections
- Overuse of medications
- Drug/alcohol use
- Electrolyte imbalance

Let's take a closer look at each of these potential causes and how they might contribute to demyelination around the auditory nerve starting with oxidative stress.

You are undoubtedly familiar with stress. We all live busy and hectic lives, so stress is a constant for many of us. The kind of stress we are talking about here is different – it is an internal, chemical stress that affects your cells. Oxidative stress can be described as an imbalance between the production of free radicals in the body and the body's ability to counteract or detoxify their harmful effects.



Free radicals are simply oxygen-containing molecules that have one or more unpaired electrons – this makes them highly reactive with other molecules in the body.[36] In most cases, oxygen by-products are unreactive, but reactive oxygen species (ROS) can be harmful to the body – especially when they chemically interact with various cell components such as proteins or lipids (like myelin). This type of oxidative stress is particularly common in demyelinating diseases.[37]

The next item on the list is age-related hearing loss.

It should come as no surprise to you that, as you get older, it is likely that you will experience some degree of cognitive decline. Memory loss and changes in cognition are a normal consequence of aging, though these symptoms can be exacerbated by neurodegenerative conditions like dementia. Outside of these conditions, however, cognitive decline is most commonly caused by changes in nerve fibers.

According to a review published in the *Journal of Neurocytology*, the myelin sheath protecting certain nerves may degenerate with age, forming splits along the length of the axon or forming myelin balloons. This degeneration can contribute to the accumulation of dense pockets of cytoplasm within the splits which may lead to cognitive decline

36 Mandal, Dr. Ananya. "What is Oxidative Stress?" News Medical. <https://www.news-medical.net/health/What-is-Oxidative-Stress.aspx>

37 Ravera, S. "Oxidative Stress in Myelin Sheath: The Other Face of the Extramitochondrial Oxidative Phosphorylation Ability." *Free Radical Research*. 2015; 49(9). <https://www.tandfonline.com/doi/abs/10.3109/10715762.2015.1050962?journalCode=ifra20>

because it affects the conduction velocity within the neuronal circuits.[38]

This hypothesis was confirmed by a primate study published in *Brain Aging: Models, Methods, and Mechanisms*. In this study, the most common age-related morphological change observed in myelin sheaths was the accumulation of pockets of cytoplasm. Based on the results of the study, researchers were also able to determine that while myelin sheath degeneration is normal after middle age, remyelination occurs naturally as well but the axons become shortened. This results in a reduction in the conduction velocity of the affected nerve fibers.[39]

We've already talked a little bit about viral demyelination in cases like multiple sclerosis. This condition results from autoimmune activity where the virus causes the immune system to accidentally attack healthy nerve cells.[40] Other potential viral causes for demyelination include human immunodeficiency virus (HIV), herpes zoster, measles, and the virus that causes chickenpox. Any of these viruses can cause damage to the myelin sheath which might produce symptoms such as impaired motor function, brain function, speech, vision, and even hearing.[41]

Not only can autoimmune activity cause nerve damage, but so can the drugs used to treat autoimmune conditions. For example, immunosuppressive treatment for autoimmune neurologic diseases like multiple sclerosis can sometimes have neurotoxic effects.[42] This is particularly true for immunosuppressive agents given to transplant patients, but it is always a risk with immunotherapy.[43]

Though drug therapies can sometimes cause nerve damage as a side effect, the risk is much higher with illicit and recreational drugs. For example, drugs that are inhaled can strip the myelin sheath from nerve fibers in the brain, causing side effects such as hearing

38 Peters, Alan. "The Effects of Normal Aging on Myelin and Nerve Fibers: A Review." *Journal of Neurocytology*. 2002 Sept; 31(8-9): 581-93. <https://link.springer.com/article/10.1023%2FA%3A1025731309829?LI=true>

39 Peters, Alan." The Effects of Normal Aging on Nerve Fibers and Neuroglia in the Central Nervous System." Brain Aging: Models, Methods, and Mechanisms. <https://www.ncbi.nlm.nih.gov/books/NBK3873/>

40 "Virus Infection May Trigger Unusual Immune Cells to Attack Nerves in Multiple Sclerosis." Science Daily. <https://www.sciencedaily.com/releases/2010/06/100611093613.htm>

41 Grey, Charis. "What Are the Causes of Myelin Nerve Damage?" Livestrong.com. <https://www.livestrong.com/article/148679-what-are-the-causes-of-myelin-nerve-damage/>

42 Lallana, Enrico. "Toxicities of Immunosuppressive Treatment of Autoimmune Neurologic Diseases." Curr Neuropharmacol. 2011 Sep; 9(3): 468-77. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3151601/>

43 Anghel, Daniela. "Neurotoxicity of Immunosppressive Therapies in Organ Transplantation." Maedica Journal of Clinical Medicine. 2013 Jun; 8(20): 170-75. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3865126/

loss, impaired vision, and reduced cognitive ability. Cocaine use has been known to induce microscopic strokes in the brain which, over time, can lead to dead spots along neural pathways. Methylenedioxymethamphetamine (MDMA) damages the neurons that produce serotonin and methamphetamines can speed up the process of apoptosis in which the brain destroys defective cells.[44]

In the same way that drug use can speed up the process of demyelination, so can alcohol abuse because alcohol is a neurotoxic compound.[45] In one study published in the journal *Metabolic Brain Disease* it was discovered that heavy alcohol consumption accelerated the process of age-related myelin loss.[46] Another study published in the *Journal of Neuroscience* revealed that teenage binge drinking was correlated with a reduction in prefrontal myelin.[47]

Now that you have a better understanding of the myelin sheath and its role in protecting auditory nerve fibers, you can understand the importance of maintaining that myelin sheath. In the next section, we'll talk about how to do that.

REMYELINATION – THE KEY TO REVERSING TINNITUS

Unfortunately, many people who suffer from tinnitus have already sustained a significant amount of damage to the myelin sheath, hence their hearing loss and tinnitus symptoms. The good news is that you can rebuild the myelin sheath which, over time, will improve your hearing and reverse your tinnitus. That's what the Tonaki Tinnitus Protocol is all about!

44 "Drugs and Brain Damage." Arlene Taylor. <https://arlenetaylor.org/substances/1196-drugs-and-brain-damage>

45 Consuelo, Guerri. "Chapter 39 – Alcohol and Its Impact on Myelin." Neuropathology of Drug Addictions and Substance Misuse. 2016; 1: 420-32. <https://www.sciencedirect.com/science/article/pii/B9780128002131000390>

46 Wiggins RC. "Effects of Aging and Alcohol on the Biochemical Composition of Histologically Normal Human Brain." *Metabolic Brain Disease*. 1988 Mar; 3(1): 67-80. <https://www.ncbi.nlm.nih.gov/pubmed/3211076

47 Vargas, Wanette. "Alcohol Binge Drinking During Adolescence or Dependence During Adulthood Reduces Prefrontal Myelin in Male Rats." *Journal of Neuroscience*. 2014 Oct; 34(44): 14777-782. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4212071/>

So, how do you go about repairing damage to the myelin sheath?

There are a number of different things you can do. The process of repairing the myelin sheath is known as remyelination and it is the secret behind the Tonaki Tinnitus Protocol. Let's take a closer look at how it works.

Technically speaking, remyelination is the process through which a naked or damaged axon can be re-covered by new myelin. It is important to note that the new sheath generated during remyelination may be thinner and shorter than the original, but it still helps protect the axon from additional damage and from degeneration.

There are three main things I want to talk about in terms of their ability to promote and speed up the process of remyelination:

1. Adequate sleep
2. Regular exercise
3. Balanced nutrition

We have all experienced sleep deprivation at some point in our lives, so you probably already know how it affects you. What you may not realize is that lack of sleep can actually affect myelin formation. Sleep increases the amount of oligodendrocyte precursor cells (OPCs) in your body which, in turn, increase the formation of myelin. In fact, one mouse study showed that the

production rate of myelin-producing oligodendrocytes doubled during sleep.[48]

We'll talk more about how to improve the quality of your sleep in Chapter 7 but, for now, let's move on to exercise.

In the February 2018 issue of the *Journal Science and Sports*, a review and meta-analysis of studies regarding the effects of physical exercise on myelin sheath regeneration was published. At the conclusion of the review, the results showed that moderate continuous exercise enhances myelin sheath regeneration and improves the concentration of myelination-related proteins in the body.[49]

If you want to learn more about how exercise supports myelin formation, check out the section in Chapter 7.

While healthy sleep and regular exercise are important for myelin formation, the thing that will provide the greatest benefit is improving your diet. There are

48 Bellesi, Michele. "Effects of Sleep and Wake on Oligodendrocytes and their Precursors." The Journal of Neuroscience. 2013 Sept; 33(36): 14288-300. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3874087/>

49 Feter N. "Effects of Physical Exercise on Myelin Sheath Regeneration: A Systematic Review and Meta-Analysis." Science & Sports. 2018 Feb; 33(1): 8-21. <https://www.sciencedirect.com/science/article/pii/S0765159717301405>

certain nutrients which have been shown to accelerate the process of myelin formation and nutritional deficiencies that have been linked to myelin degeneration. Some studies suggest that a ketogenic diet is beneficial for myelin formation, as is a diet rich in anti-inflammatory foods. Nutrition is the true secret behind the Tonaki Tinnitus Protocol and we'll get into the details in the next chapter.

In addition to getting plenty of sleep, exercising regularly, and watching what you eat, you should also avoid things that actively reduce or impair myelination.

As you may remember from earlier in this chapter, inflammation is closely linked to demyelination, so you should avoid it at all costs. Some simple things you can do to reduce inflammation include quitting smoking, exercising regularly, taking time to relax and destress, and eating anti-inflammatory foods like fatty fish, whole grains, nuts, legumes, and vegetables.[50]

Reducing your consumption of alcohol is also important because binge drinking has been linked to demyelination. Taking statin drugs (for high blood pressure) may have a negative impact on myelin formation, as can EMF exposure and AMPK activation. If you are concerned about these things, talk to your doctor.

Okay, so now you know a little bit about the process of remyelination and what you can do to support it. Before we move on to the details of the protocol, I want to revisit one more subject – neurodegeneration.

If you think back to the introduction, you'll remember me talking about my wife taking the Test Your Memory quiz and scoring much lower than I did. You'll also remember the section in Chapter 2 where I talked about this test in reference to the neurodegeneration that sometimes accompanies severe disabling tinnitus (as it did in my wife's case).

You can probably already see where I'm going with this.

In addition to improving your hearing and reducing your tinnitus symptoms, remyelination will also help reverse some of that neurodegeneration! Let's take a closer look at some of the scientific evidence in support of this fact.

First, let's examine how myelin damage contributes to neurodegeneration using a 2015 research article published in the *Current Alzheimer Research* journal.

50 Heid, Markham. "How to Reduce Inflammation in Your Body." Prevention. <https://www.prevention.com/health/health-conditions/a19574851/how-to-reduce-inflammation/

According to this study, myelin damage is a key feature of Alzheimer's disease because it contributes to impaired cognition and neuronal circuitry. In this study, the brains of patients with Alzheimer's disease were studied for myelin degradation and compared against normal aged controls. In the results, it was found that patients with Alzheimer's disease had a significant loss of myelin basic protein (MBP) as well as an increase in degraded MBP.[51]

These findings are supported by a report published in the *Journal Alzheimer's & Dementia* by a professor of neurology at UCLA, Dr. George Bartzokis.

According to Dr. Bartzokis, myelination remains normal until the age of 50 – after that point, myelin becomes more and more susceptible to degradation and damage. Dr. Bartzokis also suggests that it is this breakdown that promotes the accumulation of toxic amyloid-beta fibrils which eventually develop into the plaques that have long been associated with dementia and Alzheimer's disease. As these plaques accumulate, more and more myelin is destroyed which leads to cell death, disrupted brain signaling, and the various symptoms of Alzheimer's disease.[52]

Because demyelination has been scientifically proven to contribute to neurodegeneration, it only makes sense that remyelination would support an improvement in these conditions, right?

Well, this very hypothesis is supported by a 2015 mouse study published in the *Journal Alzheimer's & Dementia*. According to this study, remyelination was shown to improve memory impairment in the early stage of Alzheimer's disease in mouse models. This study was a follow-up to Dr. Bartzokis' research and it offers further support of his findings in addition to supporting the benefits of remyelination for improving neurodegenerative conditions.[53]

So, what conclusions can we draw from all of this scientific evidence?

First and foremost, we can say that remyelination is the key to repairing the myelin sheath protecting the auditory nerve and, in repairing that myelin, we can assume that an improvement in hearing and in tinnitus

51 Zhan X. "Myelin Injury and Degraded Myelin Vesicles in Alzheimer's Disease." *Curr Alzheimer Res*. 2015 Mar; 11(3): 232-238. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4066812/>

52 Wheeler, Mark. "Breakdown of Myelin Implicated in Alzheimer's UCLA Research Shows." UCLA Newsroom. <http://newsroom.ucla.edu/releases/Breakdown-of-Myelin-Implicated-7921>

53 Tang Xiang. "Remyelination Improves Memory Impairment in the Early Stage of Alzheimer's Disease Transgenic Mouse Model." *Alzheimer's & Dementia*. 2015 July; 11(7): 614-15. <https://www.alzheimersanddementia.com/article/S1552-5260(15)01095-X/abstract>

symptoms will follow. Second, we can say that remyelination will also lead to an improvement in relevant tinnitus complications such as neurodegeneration.

There you have it! These two things represent the power behind the Tonaki Tinnitus Protocol and they are your secret weapon for banishing your tinnitus for good. If you're ready to get started and to learn exactly how to follow the protocol, simply turn the page and keep reading!

CHAPTER 5

THE TONAKI TINNITUS PROTOCOL

In the previous chapter, you learned all about the myelin sheath and how damage to the myelin sheath contributes not only to hearing loss and tinnitus, but also to horrible complications like neurodegeneration.

You also learned that repairing the myelin sheath is the key to restoring your hearing and reversing your tinnitus. Now what?

Now comes the exciting part – the Tonaki Tinnitus Protocol!

We've already talked about the process of remyelination on a surface level but now it's time to dig a little deeper. In addition to getting plenty of sleep, exercising regularly, and improving your nutrition in general, there are specific nutrients you should focus on getting each and every day to speed up the process of remyelination. You may remember me referring to these nutrients as the Tinnitus 12.

In this chapter, we're going to get into the details of what the Tinnitus 12 are and where you can find them but first I want to give you a little bit of background on how I came up with this list of nutrients.

BACKGROUND ON THE TONAKI TINNITUS PROTOCOL

If you think back to the introduction, you'll remember the story of how I met Kyoko on the island of Tonaki. By some strange twist of fate, that meeting set me on the path to discovering the "secret to silence" that became my Tonaki Tinnitus Protocol.

Let's quickly review what happened.

While I was completing jungle warfare training on the island of Okinawa, Japan, I made a weekend trip to Tonaki where I met a 73-year-old village woman named Kyoko. We got to talking and when I opened up about my wife's struggles with tinnitus, she gifted me with an ancient recipe that had been used to reverse stubborn tinnitus – it was exactly what I was looking for.

Once I returned home, I took a closer look at the recipe and found it to be full of exotic ingredients like satsuma-imo, kombu, and natto – ingredients that I knew I wasn't likely to find at my local grocery store.

So, I did some additional research to find out exactly what it was in these ingredients that worked together to destroy tinnitus. What I found became the foundation of the Tonaki Tinnitus Protocol – a collection of a dozen healthy nutrients that put a halt to oxidative stress, stop myelin degradation, and support remyelination.

I call them the Tinnitus 12.

I'm not going to make you wait any longer – it's time to unveil the Tinnitus 12 and to discover which nutrients are responsible for the tinnitus-busting benefits of my 21-day protocol. To find out what they are, keep reading!

UNVEILING THE TINNITUS 12

I don't want to spend too much time talking about the specific ingredients from Kyoko's list because you're not going to be able to find them. I've already done the hard work for you in determining which nutrients from those ingredients help to boost myelin formation – all you have to do is stock up on foods rich in those nutrients and follow my 21-day protocol.

I do, however, want to touch on a few key ingredients just to give you a better idea how I developed the Tonaki Tinnitus Protocol and why it works.

Let's start with satsuma-imo or purple sweet potatoes.

Purple sweet potatoes are rich in antioxidants as well as a whole host of vitamins and minerals. The most important nutrient, however, is quercetin. Quercetin is a type of flavonoid antioxidant and a plant pigment that can be found in brightly colored foods (like purple sweet potatoes). It plays an important role in fighting free radical damage and it offers strong anti-inflammatory benefits.[54] It also supports myelin formation.

Another ingredient from Kyoko's list is kombu, a type of seaweed or algae. This ingredient is particularly rich in cobalamin (or Vitamin B12) which plays an important role in myelin production.[55] [56]

54 "7 Proven Benefits of Quercetin (#1 is Incredible)."

55 Castillejo N. "Natural Vitamin B12 and Fucose Supplementation of Green Smoothies with Edible Algae and Related Quality Changes During their Shelf Life." *J Sci Food Agric.* 2018 Apr: 98(6): 2411-21. <https://www.ncbi.nlm.nih.gov/pubmed/15896807>

56 Miller A. "Vitamin B12, Demyelination, Remyelination and Repair in Multiple Sclerosis." *J Neurol. Sci.* 2005 Jun; 233(1-2): 93-7. <https://www.ncbi.nlm.nih.gov/pubmed/15896807>

Not only does cobalamin support myelin formation, but a deficiency in this vitamin has been linked to myelin degeneration and slowed remyelination. Here are some studies that support this claim:

- In a 2008 study published in the *Food and Nutrition Bulletin*, vitamin B12 and folate deficiencies were linked to neural tube defects and impaired brain development in infants and children.[57]
- In a 2016 study published in Noise & Health, Vitamin B12 was found to have a therapeutic role in patients with chronic tinnitus.[58]
- According to the WIN Health Institute, LLC, Vitamin B12 and Vitamin C support myelination, as do omega-3 fatty acids.[59]

As important as cobalamin is in the production of myelin, surveys suggest that nearly 40% of U.S. adults are at risk for deficiency in this nutrient. This is because the body can't produce cobalamin – it has to come from your diet.[60]

Another ingredient worth mentioning is natto – it is a staple in the Okinawan diet. Natto is a type of fermented soybean and it is particularly rich in lecithin which, you shouldn't be surprised to learn, is a key component of myelin.[61] Increasing your lecithin intake may help strengthen the myelin sheath, according to James Balch, M.D.[62]

Other foods from Kyoko's recipe include things like goya (a bitter melon), loofah (a cucumber-like vegetable), Okinawan

57 Black, Maureen. "Effects of Vitamin B12 and Folate Deficiency on Brain Development in Children." *Food Nutr Bull*. 2008 Jun; 29(2): 126-131. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3137939/>

58 Singh, Charu. "Therapeutic Role of Vitamin B12 in Patients of Chronic Tinnitus: A Pilot Study." Noise Health. 2016 Mar; 18(81): 93-97. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4918681/>

59 "Myelin Support to Reclaim Your Brain." WIN Health Institute, LLC. <http://winhealthinstitute.com/myelin-support-to-reclaim-your-brain/

60 "NASA Studies Link Genetics and Nutrition with Astronaut Vision Changes." NASA. <https://www.nasa.gov/feature/nasa-studies-link-genetics-and-nutrition-with-astronaut-vision-changes>

61 "Incorporation of Newly Formed Lecithin into Peripheral Nerve Myelin." *J Cell Biol*. 1976 Mar; 68(3): 480-96. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2109647/>

62 "Symptoms of Multiple Sclerosis and Myelin Sheath Degeneration." Even Better Health. <https://evenbetterhealth.com/multiple-sclerosis.php>

tofu, and a bright green sea lettuce called Asa.

Again, these are foods you won't find at your local grocery store. Fortunately, I've done the research to determine exactly which nutritional components of these ingredients are responsible for boosting myelin production.

So, without further ado, here are the nutrients I call the Tinnitus 12:

1. Quercetin
2. Cobalamin (Vitamin B12)
3. Vitamin B5 (Pantothenic Acid)
4. Choline
5. Thiamine (Vitamin B1)
6. Vitamin B6
7. Biotin (Vitamin B7)
8. Folate (Vitamin B9)
9. Vitamin C
10. Magnesium
11. Zinc
12. Omega-3 Fatty Acids

Now, let's take a closer look at the nutrients on this list.

We've already briefly touched on quercetin as one of the primary nutrients in satsuma-imo, but I want to dig a little deeper into its benefits for myelin formation.

According to a study published in the *Journal of the American Society for Horticultural Science*, quercetin is one of five flavonoids found in purple sweet potatoes in significant quantities.[63] As far as its benefits go, a book on nutraceuticals goes into great depth about the benefits of quercetin for improving learning and memory, for repairing mitochondrial function, and for supporting myelin formation.[64] More specific details come from a study published in the journal *Brain Research* where quercetin supplementation restored the myelin sheath to normal levels in rats within 30 days.[65]

Aside from its benefits for myelin formation, quercetin has been shown to reduce inflammation, fight allergies, and support heart health. Numerous studies have shown the benefits of quercetin for reducing pain as well, particularly for autoimmune conditions. It helps improve athletic performance and may even fight cancer.[66] The recommended daily allowance for

63 Ojong, Peter. "Variation of Flavonoid Content Among Sweetpotato Accessions." Journal of the American Society for Horticultural Science. 2008 Nov; 133(6): 819-24. <http://journal.ashspublications.org/content/133/6/819.full>

64 "Nutraceuticals: Efficacy, Safety and Toxicity." <https://books.google.co.uk/books?id=tfJeBwAAQBAJ&pg=PA393&lpg=PA393&dq=quercetin+myelin+sheath&source=bl&ots=XtCo0WUaqf&sig=LPW4M0pRLFM-4IpOkhmD_it4Byw&hl=en&sa=X&ved=0ahUKEwihr7iRjdrZAhUrAsAKHZqrDnUQ6AEIUzAE#v=onepage&q=quercetin%20myelin%20sheath&f=false>

65 Qu X, et al. "Quercetin Improves Hypoxia-Ischemia Induced Cognitive Deficits via Promoting Remyelination in Neonatal Rat." *Brain Research*. 2014. <https://www.ncbi.nlm.nih.gov/m/pubmed/24480472/>

66 "7 Proven Benefits of Quercetin." Dr. Axe. <https://draxe.com/quercetin/>

quercetin is between 12.5 mg and 25 mg per kilogram of bodyweight, or between 1,000 and 2,250 mg daily. When taken in supplement form, two daily doses of 500 mg are recommended and are best taken with other supplements such as resveratrol or green tea to increase potency.[67]

Cobalamin is also known as Vitamin B12 and, in addition to supporting myelin formation, it boosts mood and energy levels, improves heart health, regulates digestion, and supports hormonal balance. It also supports the health of the nervous and cardiovascular systems.[68] The recommended daily allowance for Vitamin B12 is adult men and women is 2.4 mcg.

The next nutrient on the list is Vitamin B5 or pantothenic acid.

Pantothenic acid is an indirect supporter of myelin formation, but it is still very important. This vitamin helps with the synthesis of fatty acids and, as you already know, the myelin sheath is comprised mostly of fats. There are also animal studies which link vitamin B5 deficiencies to myelin degeneration. In one study published in the *Journal of Nutrition*, pantothenic acid deficiency in a chick was linked to widespread myelin and axon degeneration in the

spinal cord.[69] Pantothenic acid works with other B vitamins to regenerate damaged myelin.

Choline is found primarily in fatty foods and it is a water-soluble nutrient that works with folate and B complex vitamins to provide benefits for the brain and metabolism. It supports the process of methylation through which DNA is created and it supports nerve signaling.[70] More specifically, it plays a role in myelination. In a study published in the journal *Neural Regeneration Research*, the choline pathway was found to promote remyelination in the central nervous system in patients affected by multiple sclerosis.[71] Another study published in the journal *Brain* supports these findings. The recommended daily allowance for choline is 550 mg.[72]

You'll notice that several B complex vitamins are included in the Tinnitus 12 – thiamine (Vitamin B1), Vitamin B6,

67 "Quercetin." Examine. < https://examine.com/supplements/quercetin/>

68 "Vitamin B12 Benefits That You're Probably Missing." Dr. Axe. <https://draxe.com/vitamin-b12-benefits/>

69 Shaw, James H. "Neuropathalogic Studies of Pantothenic Acid, Biotin and Folic Acid Complex Deficiencies in the Chick." Journal of Nutrition. Feb 1945; 29(2): 107-112. <https://academic.oup.com/jn/article-abstract/29/2/107/4725210?redirectedFrom=fulltext>

70 "What is Choline? Benefits, Sources, & Signs of Choline Deficiency." Dr. Axe. <https://draxe.com/what-is-choline/>

71 Skripuletz, Thomas. "The Choline Pathway as a Strategy to Promote Central Nervous System Remyelination." *Neural Regen Res*. 2015 Sep; 10(9): 1369-70. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4625486/>

72 Skripuletz T. "Pivotal Role of Choline Metabolites in Remyelination." *Brain*. 2015 Feb; 138(2): 398-413. <https://www.ncbi.nlm.nih.gov/pubmed/25524711

biotin (Vitamin B7) and folate (Vitamin B9). Let's take a closer look at each.

Thiamine or Vitamin B1 is a type of coenzyme used in the body to metabolize food for energy – it also supports healthy heart and nerve function. Additionally, thiamine is absorbed by the small intestine and converted into thiamine diphosphate (TDP) which acts as a cofactor in numerous biological processes including myelin sheath maintenance. According to a study published in the journal *Neurologic Clinics*, the body only stores about 20 days' worth of thiamine and a deficiency can manifest with symptoms in as few as three weeks. The recommended daily allowance for healthy adults is between 1.0 mg and 1.5 mg.[73]

Vitamin B6 is next on the list and it is also known as pyridoxine.

This vitamin is another B complex vitamin and it plays a role in a wide variety of physical and psychological functions in the body. Vitamin B6 supports metabolism, nerve function, and liver function in addition to boosting energy levels. Deficiencies in this vitamin have been known to cause mental confusion, low energy, and worsened symptoms of anxiety, irritability, and depression. The recommended daily allowance for Vitamin B6 in healthy adults is 1.3 mg (it may be higher for adults over 50) and it is generally easy to achieve through a balanced diet.[74]

The next nutrient on the list is biotin or Vitamin B7. The recommended daily value for this nutrient is 30 mcg for healthy adults.[75]

Though biotin is most commonly used to support healthy hair, nails, and skin it also provides benefits for healthy nerve function. Biotin activates key enzymes that play a role in both energy production and myelin synthesis. To give you an example of this benefit in action, consider a research study published in *Multiple Sclerosis and Related Disorders* where 91.3% of participants with multiple sclerosis demonstrated clinical improvements when treated with high doses of biotin.[76]

Folic acid or folate is also known as Vitamin B9 and it plays a key role in maintaining a healthy nervous system.

73 Hammond, Nancy. "Nutritional Neuropathies." *Neurologic Clinics*. 2013 May; 31(2): 477-489. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4199287/>

74 "Vitamin B6 Benefits, Deficiency & Sources." Dr. Axe. < https://draxe.com/vitamin-b6-benefits/>

75 "Biotin Benefits: Thicken Hair, Nails and Beautify Skin." Dr. Axe. <https://draxe.com/biotin-benefits/>

76 Sedel, Frederic. "High Doses of Biotin in Chronic Progressive Multiple Sclerosis: A Pilot Study." *Multiple Sclerosis and Related Disorders*. 2015 Mar; 4(2): 159-169. <https://www.sciencedirect.com/science/article/pii/S2211034815000061>

In addition to being important for human growth and development, Vitamin B9 slows age-related mental decline and encourages normal nerve and brain function. Numerous research studies have confirmed the effects of folate for supporting nerve function, particularly for myelin formation. The recommended daily allowance for Vitamin B9 is 400 mcg for healthy adults and it can be part of a full-spectrum vitamin B complex supplement as well.[77]

For example, a study published in *Scientific Reports* demonstrates the importance of folate metabolism for regulating oligodendrocyte levels which are essential for myelination.[78] Another study published in the *Annals of Nutrition and Metabolism* demonstrated positive effects of dietary folic acid on the expression of myelin basic protein (MBP) in pregnant rats.[79]

Vitamin C is the next nutrient on the list for the Tinnitus 12. The recommended daily allowance for this nutrient is 90 mg for healthy adult males and 75 mg for adult females.[80]

This vitamin is found in abundance in colorful fruits and vegetables and it offers strong antioxidant benefits. According to a study published in the journal *Glia*, Vitamin C supplementation promotes the generation of oligodendrocytes and, in doing so, also supports the process of remyelination.[81] Other benefits of this vitamin include reducing high blood pressure, lowering heart disease risk, improving iron absorption, boosting immunity, and protecting against age-related cognitive decline.[82]

The next two nutrients on the list for the Tinnitus 12 are minerals – magnesium and zinc. Magnesium is the fourth most abundant mineral in the body and zinc is a trace mineral but technically a metal.

77 "Vitamin B9 – Folate, Folic Acid." Dr. Weil. <https://www.drweil.com/vitamins-supplements-herbs/vitamins/vitamin-b9-folate/>

78 Weng, Qinjie. "Folate Metabolism Regulates Oligodendrocyte Survival and Differentiation by Modulating AMPK Activity." Scientific Reports. 2017 May; 7. < https://www.nature.com/articles/s41598-017-01732-1>

79 Lee JH. "Effects of Dietary Folic Acid on the Expression of Myelin Basic Protein in the Brain and Spinal Cord of Pregnant and Lactating Rats." *Ann Nutr Metab*. 2010; 56(2): 83-90. <https://www.nature.com/articles/s41598-017-01732-1>

80 "Vitamin C." National Institutes of Health. <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>

81 Guo YE. "Vitamin C Promotes Oligodendrocytes Generation and Remyelination." Glia. 2018 Feb. <https://www.ncbi.nlm.nih.gov/pubmed/29423921>

82 "7 Impressive Ways Vitamin C Benefits Your Body." Healthline. <https://www.healthline.com/nutrition/vitamin-c-benefits#section7

Magnesium plays a role in more than 600 physiological reactions within the human body including energy production, protein formation, gene maintenance and repair, and muscle movements – it is also very important for nervous system regulation. More specifically, magnesium is responsible for the production and regulation of the two physical components that make up the myelin sheath – myelin base protein and cholesterol. This is why magnesium deficiency is closely linked to neurogenerative diseases like multiple sclerosis and dementia.[83]

It is estimated that as many as 50% of U.S. adults are deficient in magnesium. The recommended daily allowance for adult men is 420 mg and it is 320 mg for adult women. If you're going to take an oral magnesium supplement, look for one made with magnesium glycinate or magnesium threonate because these are the most easily absorbed and the best for nerve/neurological problems related to deficiency.[84]

Like magnesium, zinc plays a role in a wide variety of important bodily functions including hormone production, digestion, immunity, growth, and more – it also acts as a natural anti-inflammatory agent. The recommended daily allowance for this nutrient is about 8 mg for women and 11 mg for men. Zinc deficiency is very common, and it can contribute to a wide variety of negative symptoms including nerve dysfunction.[85]

To demonstrate the importance of zinc in myelin formation in particular, consider three research studies. In one mouse study published in *Neurochemistry International*, low amounts of zinc were correlated with negative changes to the peripheral nervous system and symptoms of demyelination.[86] The second study was published in *Neurochemical Research* and it showed that zinc ions played a role in potentiating myelin basic protein production in the porcine brain.[87] A third study showed that deficiencies in zinc can cause problems with myelin formation and may cause defective myelin sheaths to form.[88]

83 "Magnesium and Mental Health #6: Magnesium Lets Your Nerves Work!" iMagnesium. <http://imagnesium.com/mental-p6-magnesium-lets-nerves-work/

84 "Which is the Best Magnesium Supplement?" Mama Natural. <https://www.mamanatural.com/best-magnesium-supplement/>

85 "10 Powerful Zinc Benefits, Including Fighting Cancer." Dr. Axe. < https://draxe.com/zinc-benefits/>

86 Bourre JM. "Occurrence of Manganese, Copper and Zinc in Myelin." Neurochem Int. 1987; 10(3): 281-6. <https://www.ncbi.nlm.nih.gov/pubmed/20501097>

87 Tsang D. "Myelin Basic Protein is a Zinc-Binding Protein in Brain." Neurochem Res. 1997 Jul; 22(7): 811-9. <https://www.ncbi.nlm.nih.gov/pubmed/9232633>

88 Liu H. "Effects of Maternal Marginal Zinc Deficiency on Myelin Protein Profiles in the Suckling Rat and Infant Rhesus Monkey." Biol Trac Elem Res. 1992 Jul; 34(1): 55-66. <https://www.ncbi.nlm.nih.gov/pubmed/1382522>

The final nutrient on the list for the Tinnitus 12 is omega-3 fatty acids.

Omega-3 fatty acids are a type of fat the body is not capable of producing on its own – it can be found in fatty fish and other foods. These fatty acids are essential for brain function and mental health because they are necessary for the healthy electrical function of the brain and the nervous system.[89]

The benefits of omega-3 fatty acids for myelin formation are documented in a book by Judy Graham called *Managing Multiple Sclerosis Naturally: A Self-Help Guide to Living with MS*.[90] In this book, Graham states that myelin cell membranes that contain omega-3 fatty acids are more fluid – this enables them to conduct nerve impulses more efficiently. The benefits of omega-3 fatty acids for remyelination are also supported by the results of a mouse study published in *BMC Neuroscience*.[91]

The best way to meet your dietary needs for omega-3 fatty acids is to eat fatty fish like salmon twice a week. Otherwise, you can take a daily fish oil supplement that contains both EPA and DHA (two types of omega-3 fatty acid). Look for supplements that contain at least 500 mg of these two fats combined.[92]

There you have it! The Tinnitus 12 in detail. Now all you have to do is learn which foods contain these 12 key nutrients – that's where the next section comes into play, so keep reading!

A SMOOTHIE A DAY KEEPS TINNITUS AWAY

By now you have a thorough understanding of which nutrients have the power to boost myelin formation and reverse tinnitus, but where can you find these nutrients in everyday foods? In this section, I'll provide you with a detailed list of food sources for each of the Tinnitus 12, so you can work on adding them to your diet.

More than that, however, you're finally going to see what goes into the Tonaki Tinnitus Protocol! It's 21 delicious and nutritious smoothies – you'll drink one

89 "Myelin Support to Reclaim Your Brain." WIN Health Institute LLC. <http://winhealthinstitute.com/myelin-support-to-reclaim-your-brain/>

90 Graham, Judy. Managing Multiple Sclerosis Naturally: A Self-Help Guide to Living with MS. <https://www.amazon.com/dp/B00462RV3M/ref=dp-kindle-redirect?tag=optilividyna-20&_encoding=UTF8&btkr=1>

91 Siegert, Elise. "The Effect of Omega-3 Fatty Acids on Central Nervous System Remyelination in Fat-1 Mice." BMC Neuroscience. 2017; 18; 19. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5259863/>

92 "How Much Omega-3 Should You Take Per Day?" Healthline. <https://www.healthline.com/nutrition/how-much-omega-3#section1>

per day to receive the concentrated health benefits of the Tinnitus 12.

Before you know it, you'll start to notice that your tinnitus is going away, and you may see improvements in your cognition as well. So, without further ado, here are the food lists for the Tinnitus 12:

Food Sources for Quercetin

- Apples
- Bell peppers
- Red wine
- Dark cherries
- Blueberries
- Blackberries
- Tomatoes
- Broccoli
- Cabbage
- Brussels sprouts
- Spinach
- Kale
- Cocoa
- Citrus fruit
- Cranberries
- Asparagus
- Capers
- Olive oil
- Black/green tea
- Beans
- Legumes

Food Sources for Cobalamin (B12)

- Beef liver
- Sardines
- Mackerel
- Lamb
- Salmon
- Feta cheese
- Grass-fed beef
- Eggs
- Clams
- Oysters
- Mussels
- Crab
- Nutritional Yeast
- Tuna
- Soy Milk

Food Sources for Vitamin B5 (Pantothenic Acid)

- Sunflower Seeds
- Avocado
- Mushrooms
- Salmon
- Chicken Liver
- Lentils
- Sun-Dried Tomatoes
- Eggs
- Cauliflower
- Sweet Potato
- Peanuts
- Orange
- Banana
- Broccoli

Food Sources for Choline

- Beef liver
- Salmon
- Chickpeas
- Split peas
- Navy beans
- Eggs
- Grass-fed beef
- Turkey
- Chicken breast
- Cauliflower
- Brussels sprouts
- Scallops
- Shrimp
- Broccoli
- Peanut butter

Food Sources for Thiamine (Vitamin B1)

- Beef
- Liver
- Nuts
- Legumes
- Oranges
- Pork
- Eggs
- Seeds
- Legumes
- Peas
- Nutritional yeast
- Trout

Food Sources for Vitamin B6

- Turkey breast
- Grass-fed beef
- Pistachios
- Tuna
- Pinto beans
- Avocado
- Chicken breast
- Molasses
- Sunflower seeds
- Sesame seeds
- Chickpeas
- Salmon
- Banana
- Raisins
- Spinach

Food Sources for Biotin (Vitamin B7)

- Eggs
- Almonds
- Cauliflower
- Mushrooms
- Sweet potato
- Spinach
- Bananas
- Pecans
- Peanuts
- Walnuts
- Legumes
- Green peas
- Lentils
- Sunflower seeds
- Avocado
- Carrots
- Kale
- Tomatoes
- Raspberries

Food Sources for Folate (Vitamin B9)

- Spinach
- Collards
- Romaine lettuce
- Asparagus
- Broccoli
- Citrus fruits
- Papaya
- Orange
- Grapefruit
- Strawberries
- Raspberries
- Lentils
- Chickpeas
- Beans
- Avocado
- Sunflower seeds
- Flaxseed
- Almonds
- Cauliflower
- Beets
- Carrots
- Celery
- Squash
- Corn

Food Sources for Vitamin C

- Guava
- Red peppers
- Kiwi
- Green peppers
- Orange
- Strawberries
- Papaya
- Broccoli
- Kale
- Parsley
- Pineapple
- Brussels sprouts
- Grapefruit
- Peas
- Cauliflower
- Mango

Food Sources for Magnesium

- Spinach
- Swiss chard
- Kale
- Dark chocolate
- Pumpkin seeds
- Almonds
- Black beans
- Avocado
- Figs
- Yogurt
- Banana
- Cashews
- Brazil nuts
- Black beans
- Lentils
- Chickpeas
- Soybeans
- Flaxseed
- Chia seeds
- Salmon
- Mackerel
- Tuna

Food Sources for Zinc

- Lamb
- Pumpkin seeds
- Grass-fed beef
- Chickpeas
- Cocoa powder
- Cashews
- Mushrooms
- Spinach
- Chicken
- Oysters
- Pork chops
- Hemp seed
- Lentils

Food Sources for Omega-3 Fatty Acids

- Salmon
- Mackerel
- Walnuts
- Chia seeds
- Herring
- Flaxseeds
- Albacore tuna
- Sardines
- Hemp seeds
- Anchovies
- Egg yolks
- Spinach
- Navy beans
- Grass-fed beef
- Mustard seed
- Winter squash
- Lentils (red)

As you can see, many of the foods from these lists overlap with one another. This is good news for you because it makes it that much easier to add these foods to your daily diet. For example, if you make an effort to eat more leafy greens, you'll be boosting your intake of quercetin, vitamin C, vitamin B6, folate, magnesium, zinc, and biotin. That's a healthy helping of nutrients from the Tinnitus 12!

In the next chapter, you'll find the details of the Tonaki Tinnitus Protocol spelled out for you. You'll find three weekly meal plans telling you exactly which smoothie to drink on which day.

You'll also receive suggestions for including some of the healthy snacks from Appendix B at the back of the book. These snacks are made with the same ingredients from the Tinnitus 12 to help you maximize your results. If you want to keep things simple, just enjoy your daily smoothie as listed in the protocol.

CHAPTER 6

THREE WEEKS (21 DAYS) OF SMOOTHIES

You've finally made it! Here are the three weekly meal plans you need to complete the Tonaki Tinnitus Protocol. As you'll see, each day lists a single smoothie that is made with concentrated doses of nutrients from the Tinnitus 12. By enjoying one smoothie a day, you can experience relief from your tinnitus in as little as three weeks!

You'll also notice that each weekly meal plan incorporates some of the snacks from Appendix B as well as some supplements and beverages. These are optional but if you choose to add them to your weekly meal plan you'll be increasing your dosage of the Tinnitus 12 and that can only help to speed up your results.

In addition to enjoying your daily smoothie, be sure to follow a healthy and balanced diet for the rest of your meals. To maximize your results with the Tonaki Tinnitus Protocol, enjoy other foods from the lists provided in the previous section. You can also get recipe ideas from the Tonaki Tinnitus Cookbook.

Here's a quick overview of the supplements and beverages you'll see listed in the Tonaki Tinnitus Protocol:

- **Green Tea** (6 to 8 ounces daily) – The polyphenols in green tea support remyelination and green tea has also been shown to improve the potency of quercetin supplements.
- **Quercetin** – This is the most important of the Tinnitus 12 nutrients, so taking a daily supplement in addition to drinking your smoothies may accelerate your benefits. Take up to two 500 mg tablets daily.
- **B Complex Vitamin** – Look for a high-quality, full-spectrum B complex vitamin supplement that contains Vitamin B1 (thiamine), vitamin B6 (pyridoxine), vitamin B12 (cobalamin), folate, and biotin. Some B complex vitamins also include vitamins B2 and B3 as well as pantothenic acid, choline, and inositol. Dosage will vary from one brand to another, so check with your doctor before starting this supplement.

- **Magnesium** – Because magnesium deficiencies are so common, taking a daily supplement may help ensure that you meet your recommended daily allowance. Choose a high-quality magnesium glycinate or magnesium threonate supplement and follow the dosage instructions carefully – they usually come in 100 mg or 200 mg capsules.
- **Fish Oil** – To supplement your daily omega-3 fatty acid intake, look for a high-quality fish oil supplement that contains at least a combined 500 mg of DHA and EPA for the greatest benefit.

So, without further ado, here are the three weekly meal plans and the 21 recipes you need to complete the Tonaki Tinnitus protocol!

THE TONAKI TINNITUS PROTOCOL

WEEK 1 (DAYS 1 – 7)			
DAY	**SUPPLEMENTS**	**SMOOTHIE**	**SNACK**
1	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500 mg Combined EPA/DHA	Strawberry Cocoa Smoothie	Avocado Deviled Eggs
2	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Green Apple Almond Smoothie	Chocolate Chia Seed Pudding
3	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Mango Collard Green Smoothie	Almond Flour Berry Crisp
4	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Tropical Kale Banana Smoothie	Sesame Baked Kale Chips
5	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Nutty Chickpea Smoothie	Sweet and Spicy Toasted Almonds
6	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500 mg Combined EPA/DHA	Pistachio Banana Green Smoothie	Cinnamon Baked Bananas
7	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Cranberry Citrus Smoothie	Zucchini Walnut Bread

WEEK 2 (DAYS 8 – 14)			
DAY	**SUPPLEMENTS**	**SMOOTHIE**	**SNACK**
8	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Creamy Cocoa Cashew Smoothie	Crunchy Curry Baked Chickpeas
9	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Blueberry Broccoli Smoothie	Blueberry Frozen Yogurt
10	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Peanut Butter Banana Smoothie	Spicy Grass-Fed Beef Jerky
11	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Pistachio Lime Smoothie	Tropical Fruit Salad with Avocado
12	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Dark Chocolate Cranberry Smoothie	Roasted Nut and Seed Snack Mix
13	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Cauliflower Blueberry Smoothie	Cranberry Dark Chocolate Chip Cookies
14	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Kiwi Avocado Walnut Smoothie	Easy Homemade Guacamole

WEEK 3 (DAYS 15 - 21)			
DAY	**SUPPLEMENTS**	**SMOOTHIE**	**SNACK**
15	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Raspberry Kale Smoothie	Avocado Dark Chocolate Cupcakes
16	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Sweet Sunflower Seed Kale Smoothie	Creamy Spinach and Artichoke Dip
17	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Almond Butter Flaxseed Smoothie	Sunflower Seed Protein Bars
18	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Spinach and Green Pea Smoothie	Lemon Garlic Hummus
19	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Strawberry Bell Pepper Smoothie	Dark Chocolate Almond Bark
20	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Fruity Chickpea Smoothie	Dairy-Free Avocado Pesto
21	6 to 8 oz. Green Tea 1 to 2 (500 mg) Tablets Quercetin Full-Spectrum B Complex Vitamin Magnesium Glycinate or Threonate Fish Oil - 500mg Combined EPA/DHA	Pineapple Pumpkin Seed Smoothie	Black Bean Brownies with Almond Butter

THE TONAKI TINNITUS PROTOCOL RECIPES

DAY 1

STRAWBERRY COCOA SMOOTHIE

INGREDIENTS:

- 1 cup fresh baby spinach
- 1 small frozen banana, sliced
- ½ cup frozen sliced strawberries, unsweetened
- ¼ cup chopped cauliflower
- ¼ cup chopped avocado
- 1 cup unsweetened almond milk
- 4 to 5 ice cubes (optional)
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon nutritional yeast
- ½ tablespoon ground flaxseed

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

335 calories, 12g fat, 15g protein, 52g carbs, 16g fiber, 2.54mg Quercetin, 8mcg Vitamin B12, 4.21mg Vitamin B5, 43mg Choline, 9.9mg Vitamin B1, 10.3mg Vitamin B6, 2.54mcg Vitamin B7, 390mcg Folate (B9), 79mg Vitamin C, 160mg Magnesium, 4.2mg Zinc, 1.05g Omega-s

DAY 2

GREEN APPLE ALMOND SMOOTHIE

INGREDIENTS:

- 1 cup fresh baby spinach
- 1 small stalk celery, sliced
- ½ cup fresh chopped kale
- ½ cup diced green apple
- ¼ cup chopped broccoli
- 1 cup unsweetened almond milk
- 4 to 5 ice cubes (optional)
- 1 tablespoon nutritional yeast
- 1 tablespoon sunflower seeds
- 1 teaspoon chia seeds
- Liquid stevia extract, to taste

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

240 calories, 10g fat, 15g protein, 27g carbs, 10g fiber, 8.8mg Quercetin, 8mcg Vitamin B12, 1.63mg Vitamin B5, 18mg Choline, 9.9mg Vitamin B1, 9.9mg Vitamin B6, 0.18mcg Vitamin B7, 357mcg Folate (B9), 72mg Vitamin C, 114mg Magnesium, 4.2mg Zinc, 8.37g Omega-s

DAY 3

MANGO COLLARD GREEN SMOOTHIE

INGREDIENTS:

- 1 cup fresh chopped collard greens
- 1 small frozen banana, sliced
- ½ cup fresh baby spinach
- ½ cup frozen chopped mango
- ¼ cup chopped broccoli florets
- 1 cup brewed green tea, chilled
- 4 to 5 ice cubes (optional)
- 2 tablespoons chopped almonds
- 1 tablespoon nutritional yeast
- 1 teaspoon hempseed
- Liquid stevia extract, to taste

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

355 calories, 13.1g fat, 17.5g protein, 51.3g carbs, 13.2g fiber, 7.66mg Quercetin, 8mcg Vitamin B12, 2.16mg Vitamin B5, 42mg Choline, 9.7mg Vitamin B1, 10.2mg Vitamin B6, 10.06mcg Vitamin B7, 405mcg Folate (B9), 75mg Vitamin C, 165.5mg Magnesium, 4.69mg Zinc, 4.05g Omega-s

DAY 4

TROPICAL KALE BANANA SMOOTHIE

INGREDIENTS:

- 1 cup fresh chopped kale
- 1 small frozen banana, sliced
- ½ cup fresh baby spinach
- ½ cup frozen papaya, chopped
- ½ medium navel orange, peeled and chopped
- ½ cup chopped broccoli florets
- 1 cup unsweetened almond milk
- 3 to 4 ice cubes (optional)
- 1 tablespoon nutritional yeast
- 1 tablespoon sunflower seeds
- 1 teaspoon hemp seeds

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

375 calories, 12.1g fat, 19.5g protein, 58.3g carbs, 13.2g fiber, 7.37mcg Quercetin, 8mcg Vitamin B12, 2.39mg Vitamin B5, 36mg Choline, 10.0mg Vitamin B1, 10.4mg Vitamin B6, 3.36mcg Vitamin B7, 407mcg Folate (B9), 210mg Vitamin C, 177.5mg Magnesium, 5.69mg Zinc, 3.39g Omega-s

DAY 5

NUTTY CHICKPEA SMOOTHIE

INGREDIENTS:

- 1 small frozen banana, sliced
- ½ cup chopped cauliflower
- ¼ cup canned chickpeas, rinsed and drained
- 1 cup unsweetened vanilla almond milk
- 4 to 5 ice cubes (optional)
- 2 tablespoons chopped almonds
- 1 tablespoon nutritional yeast
- ½ tablespoon peanut butter
- ½ tablespoon flaxseed
- ½ teaspoon ground cinnamon
- Liquid stevia extract, to taste

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

460 calories, 21g fat, 22g protein, 54g carbs, 16g fiber, 1.48mcg Quercetin, 8mcg Vitamin B12, 2.02mg Vitamin B5, 58mg Choline, 10.0mg Vitamin B1, 10.2mg Vitamin B6, 9.97mcg Vitamin B7, 348mcg Folate (B9), 49mg Vitamin C, 174mg Magnesium, 5.2mg Zinc, 0.94g Omega-s

DAY 6

PISTACHIO BANANA GREEN SMOOTHIE

INGREDIENTS:

- 1 small frozen banana, sliced
- ½ cup fresh chopped kale
- ½ cup fresh baby spinach
- ¼ cup fresh chopped broccoli
- 1 cup unsweetened almond milk
- 4 to 5 ice cubes (optional)
- 2 tablespoons shelled pistachios, chopped
- 1 tablespoon nutritional yeast
- 1 teaspoon chia seeds
- Liquid stevia extract, to taste

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

325 calories, 13g fat, 17g protein, 43g carbs, 11g fiber, 4.05mg Quercetin, 8mcg Vitamin B12, 1.73mg Vitamin B5, 28mg Choline, 10.0mg Vitamin B1, 10.3mg Vitamin B6, 2.7mcg Vitamin B7, 326mcg Folate (B9), 73mg Vitamin C, 130mg Magnesium, 4.2mg Zinc, 0.41g Omega-s

DAY 7

CRANBERRY CITRUS SMOOTHIE

INGREDIENTS:

- 1 small frozen banana, sliced
- 1 small stalk celery, sliced
- ½ cup frozen cranberries, unsweetened
- ½ cup fresh chopped cauliflower
- ½ cup fresh chopped kale
- ¾ cup fresh squeezed orange juice
- 4 to 5 ice cubes (optional)
- 1 tablespoon chopped walnuts
- 1 tablespoon fresh lemon juice
- 1 tablespoon nutritional yeast
- 1 teaspoon hemp seed

INSTRUCTIONS:

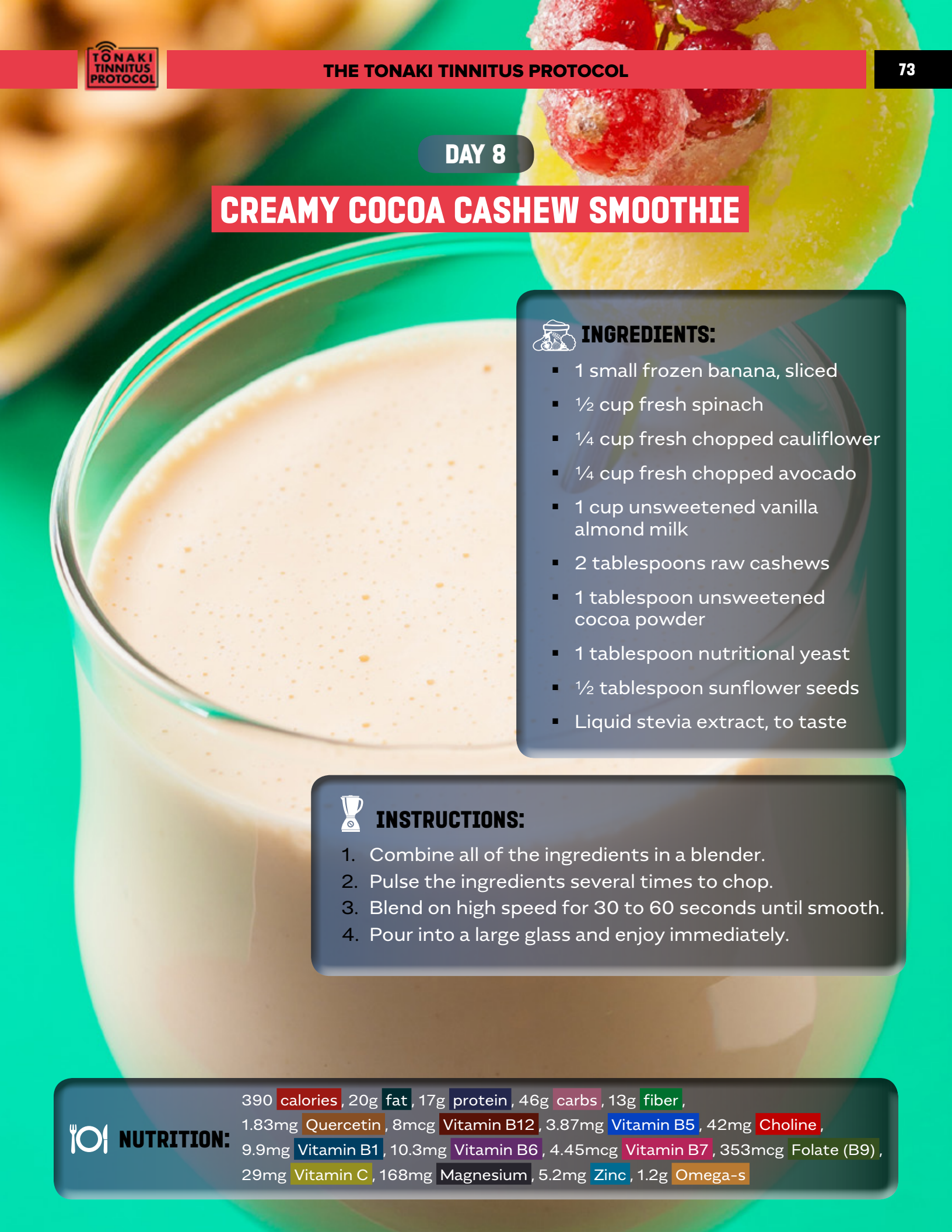
1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

355 calories, 8.1g fat, 15.5g protein, 63.3g carbs, 12.2g fiber, 9.59mg Quercetin, 8mcg Vitamin B12, 2.14mg Vitamin B5, 51mg Choline, 9.9mg Vitamin B1, 10.3mg Vitamin B6, 4.84mcg Vitamin B7, 371mcg Folate (B9), 179mg Vitamin C, 134.5mg Magnesium, 4.69mg Zinc, 3.7g Omega-s

DAY 8

CREAMY COCOA CASHEW SMOOTHIE



INGREDIENTS:

- 1 small frozen banana, sliced
- ½ cup fresh spinach
- ¼ cup fresh chopped cauliflower
- ¼ cup fresh chopped avocado
- 1 cup unsweetened vanilla almond milk
- 2 tablespoons raw cashews
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon nutritional yeast
- ½ tablespoon sunflower seeds
- Liquid stevia extract, to taste

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

390 calories, 20g fat, 17g protein, 46g carbs, 13g fiber, 1.83mg Quercetin, 8mcg Vitamin B12, 3.87mg Vitamin B5, 42mg Choline, 9.9mg Vitamin B1, 10.3mg Vitamin B6, 4.45mcg Vitamin B7, 353mcg Folate (B9), 29mg Vitamin C, 168mg Magnesium, 5.2mg Zinc, 1.2g Omega-s

DAY 9

BLUEBERRY BROCCOLI SMOOTHIE

INGREDIENTS:

- 1 cup fresh baby spinach
- 1 small frozen banana, sliced
- 1 small stalk celery, sliced
- ½ cup frozen blueberries
- ½ cup frozen broccoli florets
- 1 cup unsweetened almond milk
- ¼ cup fresh chopped avocado
- 2 tablespoons fresh chopped parsley
- 2 tablespoons sunflower seeds
- 1 tablespoon nutritional yeast
- 1 teaspoon chia seeds

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

445 calories, 21g fat, 19g protein, 57g carbs, 16g fiber, 5.24mg Quercetin, 8mcg Vitamin B12, 4.59mg Vitamin B5, 46mg Choline, 9.9mg Vitamin B1, 10.4mg Vitamin B6, 4.14mcg Vitamin B7, 446mcg Folate (B9), 78mg Vitamin C, 157mg Magnesium, 5.2mg Zinc, 8.5g Omega-s

DAY 10

PEANUT BUTTER BANANA SMOOTHIE

INGREDIENTS:

- 1 small frozen banana, sliced
- ½ cup frozen cauliflower florets
- ½ cup fresh baby spinach
- 1 cup unsweetened almond milk
- 1 tablespoon peanut butter
- 1 tablespoon nutritional yeast
- 1 teaspoon hemp seed
- ½ teaspoon vanilla extract
- Liquid stevia extract, to taste

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

330 calories, 15.1g fat, 17.5g protein, 37.3g carbs, 9.2g fiber, 0.73mg Quercetin, 8mcg Vitamin B12, 1.78mg Vitamin B5, 50mg Choline, 9.8mg Vitamin B1, 10.2mg Vitamin B6, 3.5mcg Vitamin B7, 332mcg Folate (B9), 37mg Vitamin C, 142.5mg Magnesium, 4.69mg Zinc, 3.2g Omega-s

DAY 11

PISTACHIO LIME SMOOTHIE

INGREDIENTS:

- 1 cup chopped romaine lettuce
- 1 small frozen banana, sliced
- ½ cup fresh chopped kale
- ¼ cup diced green apple
- ¼ cup frozen cauliflower florets
- 1 cup brewed green tea, chilled
- 4 to 5 ice cubes (optional)
- 2 tablespoons chopped pistachios
- 1 tablespoon fresh lime juice
- 1 tablespoon nutritional yeast

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

315 calories, 10g fat, 16g protein, 48g carbs, 13g fiber, 10.94mg Quercetin, 8mcg Vitamin B12, 1.78mg Vitamin B5, 50mg Choline, 9.8mg Vitamin B1, 10.3mg Vitamin B6, 3.67mcg Vitamin B7, 348mcg Folate (B9), 71mg Vitamin C, 116mg Magnesium, 4.2mg Zinc, 8.29g Omega-s

DAY 12

DARK CHOCOLATE CRANBERRY SMOOTHIE

INGREDIENTS:

- 1 small frozen banana, sliced
- ½ cup frozen cranberries, unsweetened
- ½ cup frozen cauliflower florets
- 1 cup unsweetened almond milk
- ½ ounce dark chocolate, chopped
- 1 tablespoon nutritional yeast
- 1 tablespoon chopped cashews
- ½ tablespoon flaxseed
- Liquid stevia extract, to taste

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

390 calories, 16g fat, 15g protein, 55g carbs, 13g fiber, 7.01mg Quercetin, 8mcg Vitamin B12, 2.74mg Vitamin B5, 49mg Choline, 9.9mg Vitamin B1, 10.2mg Vitamin B6, 3.41mcg Vitamin B7, 298mcg Folate (B9), 40mg Vitamin C, 139mg Magnesium, 4.2mg Zinc, 0.94g Omega-s

DAY 13

CAULIFLOWER BLUEBERRY SMOOTHIE

INGREDIENTS:

- 1 cup frozen cauliflower florets
- ½ cup frozen blueberries
- 1 small frozen banana, sliced
- 1 cup unsweetened almond milk
- ¼ cup chopped avocado
- 2 tablespoons sunflower seeds
- 1 tablespoon nutritional yeast
- 1 teaspoon hemp seed

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

435 calories, 20.1g fat, 18.5g protein, 54.3g carbs, 14.2g fiber, 2.3mg Quercetin, 8mcg Vitamin B12, 4.46mg Vitamin B5, 73mg Choline, 9.9mg Vitamin B1, 10.5mg Vitamin B6, 5.56mcg Vitamin B7, 392mcg Folate (B9), 68mg Vitamin C, 142.5mg Magnesium, 5.69mg Zinc, 3.34g Omega-s

DAY 14

KIWI AVOCADO WALNUT SMOOTHIE

INGREDIENTS:

- 1 small frozen banana, sliced
- 1 ripe kiwi, peeled and chopped
- ¼ cup chopped avocado
- 1 cup unsweetened vanilla almond milk
- 4 to 5 ice cubes (optional)
- 2 tablespoons fresh chopped parsley
- 2 tablespoons chopped walnuts
- 1 tablespoon nutritional yeast
- Liquid stevia extract, to taste
- 1 cup fresh spinach

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

400 calories, 18g fat, 15g protein, 49g carbs, 13g fiber, 1.46mg Quercetin, 8mcg Vitamin B12, 4.03mg Vitamin B5, 33mg Choline, 9.9mg Vitamin B1, 10.3mg Vitamin B6, 7.0mcg Vitamin B7, 394mcg Folate (B9), 102mg Vitamin C, 135mg Magnesium, 4.2mg Zinc, 1.63g Omega-s

DAY 15

RASPBERRY KALE SMOOTHIE

INGREDIENTS:

- 1 cup fresh chopped kale
- 1 small stalk celery, sliced
- ½ cup frozen raspberries
- ¼ cup frozen cauliflower florets
- 1 small frozen banana, sliced
- 1 cup unsweetened almond milk
- 2 tablespoons fresh orange juice
- 1 tablespoon nutritional yeast
- 1 teaspoon chia seeds
- 1 teaspoon hemp seeds

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

320 calories, 9.1g fat, 17.5g protein, 52.3g carbs, 14.2g fiber, 5.16mg Quercetin, 8mcg Vitamin B12, 1.75mg Vitamin B5, 31mg Choline, 9.9mg Vitamin B1, 10.3mg Vitamin B6, 4.18mcg Vitamin B7, 328mcg Folate (B9), 133mg Vitamin C, 161.5mg Magnesium, 4.69mg Zinc, 11.48g Omega-s

DAY 16

SWEET SUNFLOWER SEED KALE SMOOTHIE

INGREDIENTS:

- 1 ½ cups fresh chopped kale
- 1 small frozen banana, sliced
- ½ cup frozen chopped papaya
- ¼ cup frozen cauliflower florets
- 1 cup water
- 2 tablespoons sunflower seeds
- 1 tablespoon nutritional yeast
- 1 teaspoon hemp seed
- Liquid stevia extract, to taste

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

365 calories, 13.1g fat, 19.5g protein, 52.3g carbs, 12.2g fiber, 7.74mg Quercetin, 8mcg Vitamin B12, 1.91mg Vitamin B5, 35mg Choline, 9.8mg Vitamin B1, 10.5mg Vitamin B6, 3.01mcg Vitamin B7, 374mcg Folate (B9), 184mg Vitamin C, 163.5mg Magnesium, 5.69mg Zinc, 3.33g Omega-s

DAY 17

ALMOND BUTTER FLAXSEED SMOOTHIE

INGREDIENTS:

- 1 small frozen banana, sliced
- 1 cup fresh baby spinach
- ½ cup frozen cauliflower
- 1 cup unsweetened vanilla almond milk
- 1 tablespoon almond butter
- 1 tablespoon nutritional yeast
- 1 tablespoon flaxseed
- 1 teaspoon honey

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

375 calories, 17g fat, 17g protein, 46g carbs, 12g fiber, 1.46mg Quercetin, 8mcg Vitamin B12, 2.01mg Vitamin B5, 53mg Choline, 10.0mg Vitamin B1, 10.2mg Vitamin B6, 4.8mcg Vitamin B7, 366mcg Folate (B9), 41mg Vitamin C, 176mg Magnesium, 5.2mg Zinc, 1.89g Omega-s

DAY 18

SPINACH AND GREEN PEA SMOOTHIE

INGREDIENTS:

- 1 cup fresh baby spinach
- 1 small frozen banana, sliced
- ½ cup frozen broccoli florets
- ¼ cup frozen green peas
- 1 cup unsweetened almond milk
- 2 tablespoons fresh chopped parsley
- 2 tablespoons sunflower seeds
- 1 tablespoon nutritional yeast
- 1 teaspoon hemp seed
- Liquid stevia extract, to taste

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

370 calories, 15.1g fat, 19.5g protein, 46.3g carbs, 13.2g fiber, 2.94mg Quercetin, 8mcg Vitamin B12, 2.35mg Vitamin B5, 46mg Choline, 10.0mg Vitamin B1, 10.3mg Vitamin B6, 2.83mcg Vitamin B7, 426mcg Folate (B9), 71mg Vitamin C, 160.5mg Magnesium, 5.69mg Zinc, 3.32g Omega-s

DAY 19

STRAWBERRY BELL PEPPER SMOOTHIE

INGREDIENTS:

- 1 cup fresh chopped kale
- 1 small frozen banana, sliced
- 1 small stalk celery, sliced
- ½ cup frozen sliced strawberries
- ½ cup diced red pepper
- ¼ cup frozen cauliflower florets
- 1 cup unsweetened orange juice
- 2 tablespoons sunflower seeds
- 1 tablespoon nutritional yeast
- 1 teaspoon hemp seeds

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

475 calories, 14.1g fat, 20.5g protein, 77.3g carbs, 14.2g fiber, 5.16mg Quercetin, 8mcg Vitamin B12, 2.5mg Vitamin B5, 45mg Choline, 10.0mg Vitamin B1, 10.7mg Vitamin B6, 3.8mcg Vitamin B7, 458mcg Folate (B9), 358mg Vitamin C, 178.5mg Magnesium, 5.69mg Zinc, 3.28g Omega-s

DAY 20

FRUITY CHICKPEA SMOOTHIE

INGREDIENTS:

- 1 small frozen banana, sliced
- 1 cup fresh baby spinach
- ¼ cup frozen raspberries
- ¼ cup frozen blueberries
- ¼ cup frozen cauliflower florets
- 1 cup unsweetened almond milk
- ¼ cup canned chickpeas, rinsed and drained
- 2 tablespoons sunflower seeds
- 1 tablespoon nutritional yeast
- ½ tablespoon flaxseed

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

440 calories, 17g fat, 21g protein, 61g carbs, 17g fiber, 2.58mg Quercetin, 8mcg Vitamin B12, 2.25mg Vitamin B5, 66mg Choline, 10.0mg Vitamin B1, 10.4mg Vitamin B6, 3.78mcg Vitamin B7, 430mcg Folate (B9), 42mg Vitamin C, 159mg Magnesium, 6.2mg Zinc, 1.13g Omega-s

DAY 21

PINEAPPLE PUMPKIN SEED SMOOTHIE

INGREDIENTS:

- 1 cup fresh baby spinach
- 1 small frozen banana, sliced
- ½ cup frozen chopped pineapple
- ¼ cup frozen cauliflower florets
- 1 cup unsweetened almond milk
- 2 tablespoons hulled pumpkin seeds
- 2 tablespoons sunflower seeds
- 1 tablespoon nutritional yeast
- 1 teaspoon hemp seed

INSTRUCTIONS:

1. Combine all of the ingredients in a blender.
2. Pulse the ingredients several times to chop.
3. Blend on high speed for 30 to 60 seconds until smooth.
4. Pour into a large glass and enjoy immediately.

NUTRITION:

465 calories, 24.1g fat, 22.5g protein, 51.3g carbs, 12.2g fiber, 1.46mg Quercetin, 8mcg Vitamin B12, 1.95mg Vitamin B5, 52mg Choline, 9.9mg Vitamin B1, 10.9mg Vitamin B6, 3.19mcg Vitamin B7, 403mcg Folate (B9), 69mg Vitamin C, 254.5mg Magnesium, 3.49mg Zinc, 3.26g Omega-s

CHAPTER 7

TIPS FOR MAXIMIZING YOUR RESULTS

The Tonaki Tinnitus Protocol is your "secret to silence" that will help you get rid of your tinnitus once and for all in as few as 21 days. As you work your way through the protocol, however, you'll still want to engage in healthy habits and find ways to cope with your tinnitus until it is fully resolved.

So, what can you do over the next couple of weeks to stay sane while giving the Tonaki Tinnitus Protocol time to work? Here are simple ideas:[93]

- Avoid loud noises as much as possible – a good rule of thumb to follow is that if you're 8 feet away from someone and have to raise your voice to be heard, the noise level is potentially damaging.
- Try to avoid situations that are completely silent – try playing music in the background or use an ambient noise machine so there is always some kind of sound to help drown out your tinnitus.
- Purchase some ear plugs to protect your hearing in loud situations – wearing ear plugs may also provide relief from mild tinnitus. You may even want to wear them to sleep.
- If you don't like wearing earplugs, try wearing earmuffs or noise-canceling headphones. Even if you're not in a noisy situation, it can be nice to give your ears a rest once in a while.
- Find ways to distract yourself when your tinnitus gets bad – find a television show that keeps your attention, read a good book, or turn on a fan to create some ambient noise.

93 "19 Ways to Cope with the Ringing in Your Ears." Prevention. <https://www.prevention.com/health/a20429084/19-ways-to-cope-with-the-ringing-in-your-ears/>

- Get some exercise. In addition to providing some sort of distraction, cardiovascular exercise improves circulation and could improve underlying conditions that contribute to tinnitus – particularly vascular tinnitus.
- Learn to relax – constant tinnitus can raise your anxiety levels as well as your blood pressure, so engage in an activity you find relaxing when your tinnitus starts to get to you.

In addition to following the advice given above, there are some simple lifestyle changes you can make to reduce your tinnitus burden - we'll go over those changes in the next section. You may also find that mindfulness and meditation can help relieve the anxiety and distress caused by your tinnitus, so we'll talk about that in detail as well.

Everything in this chapter is designed to help you maximize your results with the Tonaki Tinnitus Protocol but they are also things that you might choose to continue even after you get the results you want.

SIMPLE TIPS FOR COPING WITH TINNITUS

If your tinnitus is fairly mild, the Tonaki Tinnitus Protocol can certainly still help you but, in the meantime, there are also some simple things you can do on a daily basis to cope with your tinnitus until it goes away. Here are some easy tips to help you cope with the incessant noise of your tinnitus:

- Try to avoid stressful situations because anxiety and stress can stimulate your already-sensitive auditory system and make your tinnitus worse or, at the least, more noticeable.
- Make sure you get a good night's sleep every night – as much as your tinnitus will allow. You may need to use a white noise machine or wear earplugs to help you fall asleep and stay asleep in spite of your tinnitus.
- Consider sleeping with your head propped up with an extra pillow or by elevating the head of your bed – this can help reduce the kind of head congestion which could make your tinnitus more noticeable.
- Try to limit your use of stimulants such as caffeine, alcohol, and nicotine as these can overstimulate your nervous system and make your tinnitus worse.
- Be careful to avoid situations or locations that might cause further damage to your hearing. If you can't avoid noisy situations, at least wear protective gear such as earplugs or noise-cancelling headphones.

- Take care of your health overall by following a healthy diet and engaging in regular exercise. Improving and maintaining your overall health and wellness can reduce comorbid conditions and other factors that contribute to tinnitus.

In addition to employing some of these simple tips on a daily basis, you should also take advantage of supportive services such as counseling and group therapy. Tinnitus may not be a life-threatening disease, but it can certainly affect your quality of life. Finding people who are experiencing the same things you are or at least being able to talk to friends and family about it can be very helpful.

MINDFULNESS TECHNIQUES AND MEDITATION EXERCISES

Many people who suffer from tinnitus find that it is a constant companion – it is always there, lurking on the edges of your awareness. If you are lucky enough that your tinnitus hasn't become completely disabling, engaging in mindfulness techniques or meditation exercises may provide some relief in the form of distracting you from your tinnitus for a brief period of time.

Let's start by taking a look at mindfulness techniques.

Mindfulness is a form of meditation that was developed over 2,500 years ago by Buddhists and it can be applied to a wide variety of mental and physical health problems in our modern day and age.[94]

When you think of meditation, you probably picture a Buddhist monk in deep concentration. Most people assume that meditation involves clearing your mind and, while this is partially

94 Keate, Barry. "How Meditation and Mindfulness Help in Tinnitus Therapy." Arches Natural Products. <https://www.tinnitusformula.com/library/how-meditation-and-mindfulness-help-in-tinnitus-therapy/>

true, that doesn't tell the whole story. Mindfulness is a form of meditation where you actually increase your awareness and pay particular attention to the present moment you are in. In focusing on something other than your tinnitus for a brief period of time, you may experience some relief.

So, how do you use mindfulness for tinnitus relief?

Mindfulness exercises are very easy to do and, once you have an idea how to do it, you can customize the exercises to suit your needs and your situation. Here is a sample mindfulness exercise you might try:[95]

1. Find a comfortable chair that supports your back and body then sit lightly on it.
2. Place your feet firmly on the floor for stability and sit up with your back straight, but your spine in a neutral position.
3. Rest your hands gently on your knees, keeping your arms completely relaxed – place them wherever it feels comfortable and natural.
4. Close your eyes without squeezing them shut and sit quietly for a minute or two, just breathing slowly in and out.
5. Start paying closer attention to your breath, counting to five as you inhale slowly through your nose or mouth.
6. Hold each breath for a few seconds before slowly letting it out over a count of five seconds.
7. As you breathe, pay attention to the way you feel your belly and chest rising and falling with each breathe – pay attention to the feeling of air entering and leaving your lungs.
8. Keep breathing as you slowly turn your attention to your head – how does it feel? Pay attention to the sounds you hear coming from your environment.
9. Shift your focus downward, feeling your chest rise and fall with each breath and then turn your focus toward your arms and hands, feeling how relaxed they are.
10. Move your focus to different parts of the body, all while breathing slowly in and out, paying attention to the smallest details you notice.
11. If your mind begins to wander and you become distracted by thoughts, simply pause for a moment to deal with them.
12. Acknowledge each thought as it enters your mind but do not

95 "Getting Started with Mindfulness." Mindful.org. <https://www.mindful.org/meditation/mindfulness-getting-started/>

let it affect you – try to separate yourself from your thoughts without reacting to them. This may take some practice.

13. After releasing the thought that was distracting you, return to your slow breathing and refocus your attention. Maintain this focus for as long as you can.

This is a simple mindfulness exercise that you can do at home, at school, or at work. You don't even have to be sitting down to do it – you can practice mindfulness while taking a walk and paying attention to the details around you. The more you do it, the better you will get at staying focused and dismissing distracting thoughts without letting them affect you. After each session, you should feel a renewed sense of mental clarity and you may also find relief from your tinnitus.

Now that you understand how to use mindfulness for tinnitus relief, you may be wondering whether it really works. While every individual's experience will be different, there is scientific research to support the use of mindfulness techniques for this application.

Here is a quick summary of some of that research:

- In a randomized controlled trial funded by the British Tinnitus Association, it was discovered that mindfulness based cognitive therapy (MBCT) led to a significant reduction in distress caused by tinnitus in comparison to traditional relaxation techniques. The results were not only more significant, but they lasted for longer and led to a general reduction in emotional distress and disability.[96]
- In a second study, 188 tinnitus patients were surveyed before and after a period of frequent MBCT. At the end of the course, the patients surveyed reported a significant and reliable improvement in emotional distress in general and in their tinnitus-related distress.[97]

Mindfulness is just one form of meditation and it is a great way to get started. Aside from helping to distract you from your tinnitus, meditation

96 McKenna, Dr. Laurence. "A Comparison of the Benefits of Mindfulness Based Cognitive Therapy, Relaxation Therapy and a Waiting List Control in the Management of Distress in Chronic Tinnitus Patients." British Tinnitus Association. <https://clinicaltrials.gov/ct2/show/NCT02059447>

97 Griffith, Gemma. "Effects of an Eight Week MBCT Course for Tinnitus Management." NHS Health Research Authority. <https://www.hra.nhs.uk/planning-and-improving-research/application-summaries/research-summaries/effects-of-an-eight-week-mbct-course-for-tinnitus-management/>

offers a number of other benefits such as the following:[98]

- Regular meditation can reduce stress as well as stress-related inflammation. In an 8-week study, mindfulness meditation was found to significantly reduce inflammation caused by stress in addition to general symptom relief.[99]
- In addition to reducing stress, meditation has been shown to help relieve anxiety. In an 8-week study involving regular meditation, participants not only reduced their anxiety levels but maintained them over the long term.
- Meditation, when practiced regularly, can help boost self-image and improve the patient's overall outlook on life. Multiple studies have found that meditation provides benefits for decreasing depression and, in one study that lasted for 3 years, it was found to provide long-term benefits in this area.[100]
- Though meditation can be used to clear your mind of distractions, it can also help to increase the strength and endurance of your attention – it can help you learn to focus on things other than your tinnitus. In one 8-week study, participants who engaged in mindfulness meditation improved their ability to reorient and maintain their attention.[101]

- In addition to improving your mental clarity and attention span, regular meditation can help reduce memory loss which could be a benefit from tinnitus patients suffering from neurological decline. In one study, meditation not only slowed the progression of age-related memory loss, but improved memory in dementia patients as well.[102]
- Another benefit of meditation is that it may improve symptoms of insomnia, helping you fall asleep faster and stay asleep longer. This benefit is supported by evidence in

98 "12 Science-Based Benefits of Meditation." Healthline. <https://www.healthline.com/nutrition/12-benefits-of-meditation>

99 Rosenkranz, Melissa. "A Comparison of Mindfulness-Based Stress Reduction and an Active Control in Modulation of Neurogenic Inflammation." *Brain, Behavior, and Immunity*. 2013 Jan; 27: 174-184. <https://www.sciencedirect.com/science/article/pii/S0889159112004758>

100 Miller, John. "Three-Year Follow-Up and Clinical Implications of a Mindfulness Meditation-Based Stress Reduction Intervention in Treatment of Anxiety Disorders." *General Hospital Psychiatry*. 1995 May; 17(3): 192-200. <https://www.sciencedirect.com/science/article/pii/016383439500025M>

101 Amishi, Jha. "Mindfulness Training Modifies Subsystems of Attention." *Cognitive, Affective, & Behavioral Neuroscience*. 2007 June; 7(2): 109-119. <https://link.springer.com/article/10.3758/CABN.7.2.109#page-1>

102 Khalsa DS. "Stress, Meditation, and Alzheimer's Disease Prevention: Where the Evidence Stands." *J Alzheimer's Dis*. 2015; 48(1): 1-12. <https://www.ncbi.nlm.nih.gov/pubmed/26445019>

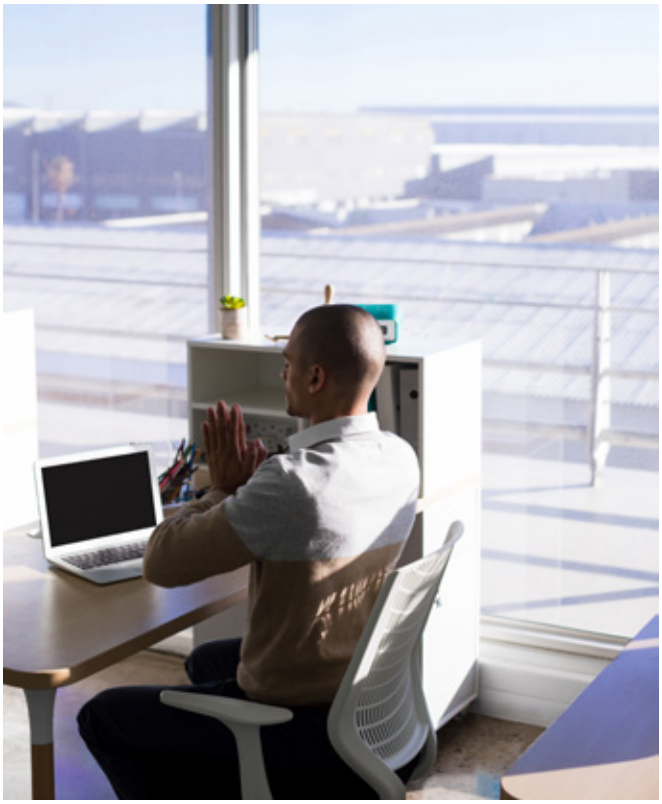
a study published in a 2015 edition of the Current Opinion in Pulmonary Medicine journal.[103]

In addition to these benefits, regular meditation can help control pain and decrease symptoms of various chronic conditions including hypertension. Like mindfulness, other forms of meditation are simple to learn and easy to practice – you can also do it just about anywhere you like.

To give you an idea what meditation looks like, here is a step-by-step guide for a meditative deep breathing exercise called the 4-7-8 exercise:[104]

1. Sit comfortably on the edge of a chair or stool with your back straight and your feet planted firmly on the floor.
2. Rest your hands palms-up on your knees, keeping your arms relaxed and loose.
3. Place the tip of your tongue against the back of your upper front teeth and keep it there throughout the exercise.
4. Exhale through your mouth with enough force to make a whooshing sound – keep exhaling until your lungs are empty.
5. Close your mouth and inhale slowly through your nose over a count to four.
6. Hold your breath for a count of seven without straining.
7. Exhale through your mouth over a count of eight, making a whooshing sound with your breath.
8. Inhale again, repeating the complete cycle three more times for a total of four.

There you have it! Meditation really is that easy and you can do it just about anywhere you like. If you've never done it before, start with a short 5- to 10-minute session first thing in the morning and work your way up to longer or more frequent sessions. You'll be amazed at how much of a difference it can make to meditate for just 15 minutes a day or a few times a week.



103 Martires J. "The Value of Mindfulness Meditation in the Treatment of Insomnia." *Current Opinion in Pulmonary Medicine*. 2015 Nov; 21(6): 547-52. <https://www.ncbi.nlm.nih.gov/pubmed/26390335>

104 "Three Breathing Exercises and Techniques." Dr. Weil. <https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/>

BETTER SLEEP FOR IMPROVED MYELIN FORMATION

If you think back to Chapter 4, you'll remember that healthy sleep supports myelin formation. This being the case, getting a good night's sleep is important if you want to boost remyelination and maximize your results with the Tonaki Tinnitus Protocol.

So, how do you go about improving your sleep?

When it comes to getting better sleep, medications are not the answer. If you have a clinical sleep disorder, your doctor may prescribe them but, otherwise, there are some simple things you can do to improve the quality of your sleep – it's also known as cultivating good sleep hygiene.[105] Here's how you do it:

1. Stop drinking caffeine and using nicotine at least four to six hours before you go to bed – as a general rule, you should avoid caffeine after about 2pm if you want to sleep well.
2. Turn your bedroom into a sleep-supporting environment by keeping it cool, dark, and quiet. You may need to use blackout curtains and a fan or another white noise machine to block out external sound.
3. Get into a bedtime routine and start winding down about an hour before bed. You might try taking a soothing bath, reading a book, or practicing some breathing exercises.
4. If you don't fall asleep within 20 minutes, get out of bed and try again when you are tired. Lying in bed unable to sleep is frustrating and if you simply get up and wait until you're tired to try again, you'll have better luck.
5. Try going to bed and getting up at the same times every day so your body gets into a routine and starts getting tired at bed time.
6. Give yourself plenty of time to sleep – when setting your sleep schedule, make sure you give yourself at least 7 to 8 hours for sleep. If you know it takes you a little while to fall asleep, work that extra time into the equation.
7. Avoid naps and large meals in the late afternoon and evening. If you're going to nap, make sure you do it before 4pm and try to keep it brief. It may also help to keep your final daily meal a little on the lighter side, so digestion doesn't keep you up all night.

105 "Twelve Simple Tips to Improve Your Sleep." Healthy Sleep. <http://healthysleep.med.harvard.edu/healthy/getting/overcoming/tips>

8. Use your bed only for sleeping so your body learns to get tired when you are in bed. When it comes to things like watching TV or reading, do it somewhere else and reserve your bed for sleeping.
9. If you're going to exercise, do it early in the day. Exercising regularly can help you fall asleep more quickly and to sleep more soundly, but exercise right before bed might interfere with your sleep hormones.
10. Avoid drinking too much liquid (including water) right before bed so you don' wake up in the middle of the night needing to use the bathroom.

By implementing some of these tips into your routine, you can improve the quality of your sleep. In addition to helping you feel your best, quality sleep also supports the process of remyelination, so take it seriously!

EXERCISE TIPS TO SUPPORT REMYELINATION

In addition to getting a good night's sleep and increasing your consumption of the Tinnitus 12, getting regular exercise will help to support the process of remyelination in your body and, in doing so, help you maximize your results with the Tonaki Tinnitus Protocol.

Okay, but how exactly does exercise support myelin formation?

One way in which exercise supports myelin formation is by preventing cellular aging and boosting mitochondrial activity. As you probably remember from grade school science, the mitochondria are the powerhouse of the cell – this is where cellular energy is produced in the body. As you get older, the mitochondria start to produce energy at a slower rate and that can impact everything from your cognitive ability and overall bodily function.[106]

A study published in *Cell Metabolism* explored the effects of exercise on mitochondrial activity and cellular aging. In this study, 36 men and 36 women were split into two age groups and then further split into exercise groups. Both age groups that engaged in high-intensity interval training showed a significant improvement in mitochondrial capacity – 49% for the younger group and 69% for the older group.[107]

106 Newman, Tim. "Exercise Prevents Cellular Aging by Boosting Mitochondria." Medical News Today. <https://www.medicalnewstoday.com/articles/316229.php>

107 Robinson, Matthew. "Enhanced Protein Translation Underlies Improved Metabolic and Physical Adaptations to Different Exercise Training Modes in Young and Old Humans." Cell Metabolism. 2017 Mar; 25(3): 581-92. <https://www.cell.com/cell-metabolism/fulltext/S1550-4131(17)30099-2>

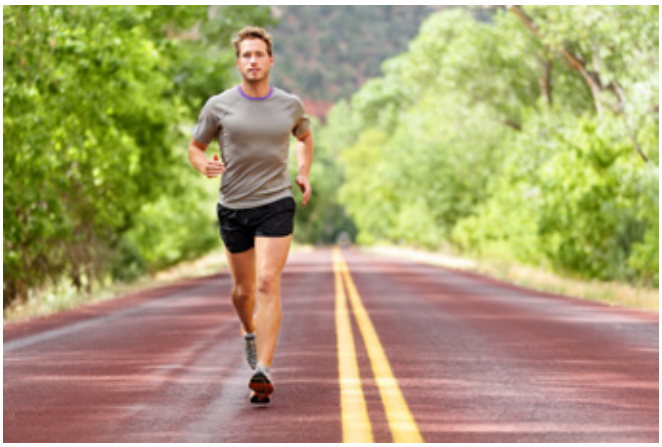
In addition to preventing cellular aging, regular exercise has been shown to increase the volume and thickness of myelin while also reducing demyelination.

This fact is supported by the results of a study published in the journal *Current Alzheimer Research* in 2015. According to the results of this mouse study, running exercise delayed the progression of myelinated fiber loss as well as the demyelination of myelin sheaths. Together, these benefits demonstrate that regular exercise (in this case, running) could delay the progression of neurodegenerative conditions like dementia and Alzheimer's disease.[108]

Another way in which exercise supports myelin formation is by increasing growth hormone in the brain.

According to the results of a study published in *Neuroscience* in 2001, growth hormone plays a role in the growth and development of the central nervous system. More specifically, it has been implicated in promoting myelination and neuronal arborization as well as cognitive function.[109] Exercise – especially high-intensity interval training (HIIT) – is the fastest way to boost brain growth hormone.[110]

So, what is the best way to exercise for remyelination?



We've already mentioned it a few times – it's high-intensity interval training or HIIT.

Before you get too worried by the name, know that high-intensity interval training doesn't have to be high-impact and you can complete a full workout in under 30 minutes. Not only that, but it offers a wide variety of benefits including the following:[111]

- It increases your metabolism for up to 48 hours after you finish the workout.
- You don't need any special equipment – you can use your own bodyweight.
- It is quick and convenient to do – you don't need a gym or a lot of time.
- You can improve your cardiovascular health and endurance very quickly.

108 Chao F. "Running Exercise Reduces Myelinated Fiber Loss in the Dentate Gyrus of the Hippocampus in APP/PS1 Transgenic Mice." Curr Alzheimer Res. 2015; 12(4): 377-83. <https://www.ncbi.nlm.nih.gov/pubmed/25817255>

109 Scheepens A. "Growth Hormone as a Neuronal Rescue Factor During Recover from CNS Injury." Neuroscience. 2001; 104(3): 677-87. <https://www.ncbi.nlm.nih.gov/pubmed/11440801

110 Griffin EW. "Aerobic Exercise Improves Hippocampal Function and Increases BDNF in the Serum of Young Adult Males." Physiol Behav. 2011; 104(5): 934-41. <https://www.ncbi.nlm.nih.gov/pubmed/21722657>

111 Andersen, Charlotte. "8 Benefits of High-Intensity Interval Training (HIIT)." Shape. <https://www.shape.com/fitness/workouts/8-benefits-high-intensity-interval-training-hiit>

- It helps you to burn fat without causing muscle loss.

Okay, so what exactly does HIIT look like in practice?

The main idea behind HIIT is that you alternate between periods of high exertion and periods of rest. For example, you might run at a fast pace for 1 minute and then walk or jog slowly for 2 minutes. If you repeat this sequence five times, you'll have a 15-minute workout that burns calories and fat without eating too much of your time.

By alternating between periods of high-intensity exercise and periods of rest, you can create your own custom HIIT workouts. You can do HIIT on the treadmill or elliptical, or you can do it with simple bodyweight exercises like push-ups and squats.[112]

Here is a sample HIIT workout you can try to get started:

1. 50 Sit-Ups
2. 40 Bodyweight Squats

3. 30 Push-Ups
4. 20 Jumping Lunges
5. 10 Tricep Chair Dips
6. 30 Seconds Burpees

It's really that simple! All you have to do is decide what kind of exercise(s) you want to do and then alternate between periods of high intensity and periods of rest.

If you think that HIIT isn't right for you, you can do some simple aerobic exercise like walking, jogging, or swimming instead. The key is to get regular exercise as much as you can, in whatever form you can.

112 Schlinger, Amy. "The Do-It-Anywhere HIIT Workout You Need to Try." Daily Burn. <https://dailyburn.com/life/fitness/high-intensity-hiit-workout/>

CONCLUSION

Congratulations! You've made it through the Tonaki Tinnitus Protocol.

By now you should have a thorough understanding of what tinnitus is, how it affects you, and what you can do to resolve it. More than that, however, you've learned about the REAL underlying cause of your tinnitus and the "secret to silence" that you've been desperately searching for.

With all of this newfound information in mind, your next step is to put the Tonaki Tinnitus Protocol to work!

To get started, simply refer to the 21-day program outlined in Chapter 6 and prepare the daily smoothies as recommended. If you want to boost your results, add the suggested daily supplements and enjoy some healthy snacks made with ingredients from the Tinnitus 12 list. You can also implement some of the suggestions in Chapter 7.

If you're still feeling a little skeptical about whether it is really possible to cure your tinnitus, that's fine. I was skeptical too! But months of research and seeing the protocol work on my wife has given me the confidence to tell you that this program works if you stick with it.

So, if you're ready to kiss your tinnitus goodbye in as few as 21 days, don't wait a moment longer – get started with the protocol today! Good luck!

APPENDIX A

TESTS TO MEASURE TINNITUS AND ITS EFFECTS

In this section, you'll find an assortment of questionnaires and measurement scales designed to help you get a better sense of your tinnitus. In completing these tests, you may come to have a better understanding of the quality and severity of your tinnitus as well as its impact on your daily living and your quality of life. Keep in mind that these tests are not intended as a replacement for medical care so, if you are concerned about your tinnitus, you should speak to your doctor.

1.) TINNITUS HANDICAP INVENTORY

The purpose of the Tinnitus Handicap Inventory[113] is to identify, quantify, and evaluate the difficulties you may be experiencing due to your tinnitus. Answer all of the questions with the most applicable response (yes, sometimes, or no) then add up your score at the end.

	Yes	Sometimes	No
1. Because of your tinnitus, is it difficult for you to concentrate?	4	2	0
2. Does the loudness of your tinnitus make it difficult for you to hear people?	4	2	0
3. Does your tinnitus make you angry?	4	2	0
4. Does your tinnitus make you feel confused?	4	2	0
5. Because of your tinnitus, do you feel desperate?	4	2	0
6. Do you complain a great deal about your tinnitus?	4	2	0
7. Because of your tinnitus, do you have trouble falling asleep at night?	4	2	0

113 "Tinnitus Handicap Inventory (THI)." American Tinnitus Association. <https://www.ata.org/sites/default/files/Tinnitus_Handicap_Inventory.pdf>

	Yes	Sometimes	No
8. Do you feel as though you cannot escape your tinnitus?	4	2	0
9. Does your tinnitus interfere with your ability to enjoy your social activities (ex: going out to dinner, to the movies)	4	2	0
10. Because of your tinnitus, do you feel frustrated?	4	2	0
11. Because of your tinnitus, do you feel that you have a terrible disease?	4	2	0
12. Does your tinnitus make it difficult for you to enjoy life?	4	2	0
13. Does your tinnitus interfere with your job or your household responsibilities?	4	2	0
14. Because of your tinnitus, do you find that you are often irritable?	4	2	0
15. Because of your tinnitus, is it difficult for you to read?	4	2	0
16. Does your tinnitus make you upset?	4	2	0
17. Do you feel that your tinnitus has placed stress on your relationships with members of your family and friends?	4	2	0
18. Do you find it difficult to focus your attention away from your tinnitus and on other things?	4	2	0
19. Do you feel that you have no control over your tinnitus?	4	2	0
20. Because of your tinnitus, do you often feel tired?	4	2	0
21. Because of your tinnitus, do you feel depressed?	4	2	0
22. Does your tinnitus make you feel anxious?	4	2	0
23. Do you feel that you can no longer cope with your tinnitus?	4	2	0
24. Does your tinnitus get worse when you are under stress?	4	2	0
25. Does your tinnitus make you feel insecure?	4	2	0
Total Score			

2.) THE TINNITUS REACTION QUESTIONNAIRE

The Tinnitus Reaction Questionnaire[114] is designed to help the patient determine the effects of their tinnitus on their lifestyle and general wellbeing. To complete the questionnaire, select the number that best reflects the degree to which your tinnitus has affected you over the past seven days:

	Not at All	A Little of the Time	Some of the Time	A Good Deal of the Time	Almost All the Time
1. My tinnitus has made me unhappy.	0	1	2	3	4
2. My tinnitus has made me feel tense.	0	1	2	3	4
3. My tinnitus has made me feel irritable.	0	1	2	3	4
4. My tinnitus has made me feel angry.	0	1	2	3	4
5. My tinnitus has led me to cry.	0	1	2	3	4
6. My tinnitus has led me to avoid quiet situations or locations.	0	1	2	3	4
7. My tinnitus has made me feel less interested in going out.	0	1	2	3	4
8. My tinnitus has made me feel depressed.	0	1	2	3	4
9. My tinnitus has made me feel annoyed.	0	1	2	3	4
10. My tinnitus has made me feel confused.	0	1	2	3	4
11. My tinnitus has “driven me crazy”.	*0*	*1*	*2*	*3*	*4*

114 “Tinnitus Reaction Questionnaire.” Wake Health. <http://www.wakehealth.edu/uploadedFiles/User_Content/PatientsAndVisitors/Patient_Care/Otolaryngology/Audiology/Tinnitus_Reaction_Questionnaire_00179_Rev_4.pdf>

	Not at All	A Little of the Time	Some of the Time	A Good Deal of the Time	Almost All the Time
12. My tinnitus has interfered with my enjoyment of life.	0	1	2	3	4
13. My tinnitus has made it hard for me to concentrate.	0	1	2	3	4
14. My tinnitus has made it hard for me to relax.	0	1	2	3	4
15. My tinnitus has made me feel distressed.	0	1	2	3	4
16. My tinnitus has made me feel helpless.	0	1	2	3	4
17. My tinnitus has made me feel frustrated with things.	0	1	2	3	4
18. My tinnitus has interfered with my ability to work.	0	1	2	3	4
19. My tinnitus has led me to despair.	0	1	2	3	4
20. My tinnitus has led me to avoid noisy situations.	0	1	2	3	4
21. My tinnitus has let me to avoid social situations.	0	1	2	3	4
22. My tinnitus has made me feel hopeless about the future.	0	1	2	3	4
23. My tinnitus has interfered with my sleep.	0	1	2	3	4
24. My tinnitus has led me to think about suicide.	0	1	2	3	4
25. My tinnitus has made me feel panicky.	0	1	2	3	4
26. My tinnitus has made me feel tormented.	0	1	2	3	4
Total Score					

3.) THE TINNITUS FUNCTIONAL INDEX

The Tinnitus Functional Index[115] (TFI) is designed to scale the negative impact of tinnitus. Depending on your answers to a total of 25 questions, your level of tinnitus function can be ranked in one of five levels: Not a problem, Small problem, Moderate problem, Big problem, or Very big problem.

I	Over the PAST WEEK...									
1. What percentage of your time awake were you consciously **AWARE OF** your tinnitus? (0% never aware – 100% always aware)										
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
2. How **STRONG** or **LOUD** was your tinnitus? (0 not strong at all – 10 extremely loud)										
0	1	2	3	4	5	6	7	8	9	10
3. What percentage of your time awake were you **ANNOYED** by your tinnitus?										
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
SC	**Over the PAST WEEK...**									
4. Did you feel **IN CONTROL** in regard to your tinnitus? (0 very much in control – 10 never)										
0	1	2	3	4	5	6	7	8	9	10
5. How easy was it for you to **COPE** with your tinnitus? (0 very easy – 10 impossible)										
0	1	2	3	4	5	6	7	8	9	10
6. How easy was it for you to **IGNORE** your tinnitus? (0 very easy – 10 impossible)										
0	1	2	3	4	5	6	7	8	9	10

115 Meikle, Mary B. "The Tinnitus Functional Index: Development of a New Clinical Measure for Chronic, Intrusive Tinnitus." NCRAR. <https://www.ncrar.research.va.gov/Education/Documents/TinnitusDocuments/TFI_EarHearing_2011.pdf>

C	Over the PAST WEEK...									
7. Your ability to **CONCENTRATE**?										
0	1	2	3	4	5	6	7	8	9	10
8. Your ability to **THINK CLEARLY**?										
0	1	2	3	4	5	6	7	8	9	10
9. Your ability to **FOCUS ATTENTION** on other things besides your tinnitus?										
0	1	2	3	4	5	6	7	8	9	10
SL	**Over the PAST WEEK...**									
10. How often did your tinnitus make it difficult to **FALL ASLEEP** or **STAY ASLEEP**?										
0	1	2	3	4	5	6	7	8	9	10
11. How often did your tinnitus cause you difficulty in getting **AS MUCH SLEEP** as needed?										
0	1	2	3	4	5	6	7	8	9	10
12. How much of the time did your tinnitus keep you from **SLEEPING** as **DEEPLY** or as **PEACEFULLY** as you would have liked?										
0	1	2	3	4	5	6	7	8	9	10
A	**Over the PAST WEEK, how much has your tinnitus interfered with...**									
13. Your ability to **HEAR CLEARLY**?										
0	1	2	3	4	5	6	7	8	9	10
14. Your ability to **UNDERSTAND PEOPLE** who are talking?										
0	1	2	3	4	5	6	7	8	9	10
15. Your ability to **FOLLOW CONVERSATIONS** in a group or at meetings?										
0	1	2	3	4	5	6	7	8	9	10

R	**Over the PAST WEEK, how much has your tinnitus interfered with...**									
16. Your **QUIET RESTING ACTIVITIES**?										
0	1	2	3	4	5	6	7	8	9	10
17. Your ability to **RELAX**?										
0	1	2	3	4	5	6	7	8	9	10
18. Your ability to enjoy **PEACE AND QUIET**?										
0	1	2	3	4	5	6	7	8	9	10
Q	**Over the PAST WEEK, how much has your tinnitus interfered with...**									
19. Your enjoyment of **SOCIAL ACTIVITIES**?										
0	1	2	3	4	5	6	7	8	9	10
20. Your **ENJOYMENT OF LIFE**?										
0	1	2	3	4	5	6	7	8	9	10
21. Your **RELATIONSHIPS** with family, friends, and other people?										
0	1	2	3	4	5	6	7	8	9	10
22. How often did your tinnitus cause you to have difficulty performing your **WORK OR OTHER TASKS**, such as home maintenance, school work, or caring for children or others?										
0	1	2	3	4	5	6	7	8	9	10
E	**Over the PAST WEEK...**									
23. How **ANXIOUS** or **WORRIED** has your tinnitus made you feel?										
0	1	2	3	4	5	6	7	8	9	10
24. How **BOTHERED** or **UPSET** have you been because of your tinnitus?										
0	1	2	3	4	5	6	7	8	9	10
25. How **DEPRESSED** were you because of your tinnitus?										
0	1	2	3	4	5	6	7	8	9	10

4.) TEST YOUR MEMORY

This test was developed by researchers at Cambridge University to test for signs of Alzheimer's and dementia. It is specifically designed to detect signs of mild cognitive impairment in the early stages of the disease.

(1) PLEASE WRITE YOUR FULL NAME _____

TODAY IS _____ DAY

TODAY'S DATE IS THE: _____ OF _____ (MONTH) 20_____

HOW OLD ARE YOU? _____ YEARS

ON WHAT DATE WERE YOU BORN? _____ /_____ (MONTH) 19_____

(2) PLEASE COPY THE FOLLOWING SENTENCE:

GOOD CITIZENS ALWAYS WEAR STOUT SHOES

_____

PLEASE READ THE SENTENCE AGAIN AND TRY TO REMEMBER IT

(3) WHO IS THE PRESIDENT? _____ _____

IN WHAT YEAR DID THE 1ST WORLD WAR START? _____

(4) SUMS:

20 – 4 = _____

16 + 17 = _____

8 x 6 = _____

4 + 15 – 17 = _____

(5) LIST FOUR ANIMALS STARTING WITH S

1. _____
2. _____
3. _____
4. _____

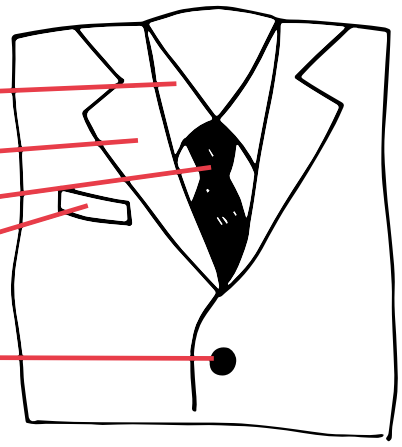
REMEMBER: GOOD CITIZENS ALWAYS WEAR STOUT SHOES

(6) WHY IS A CARROT LIKE A POTATO? _____

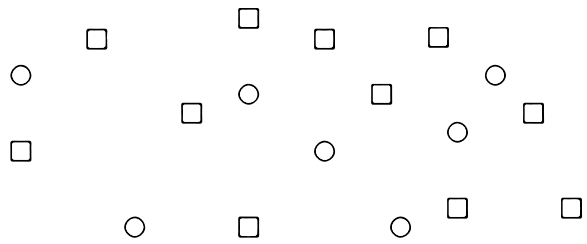
WHY IS A LION LIKE A WOLF? _____

(7) PLEASE NAME THESE ITEMS:

1. _____
2. _____
3. _____
4. _____
5. _____



(8) JOIN THE CIRCLES TOGETHER TO FORM A LETTER (IGNORE THE SQUARES)



(9) DRAW A CLOCK FACE WITH THE NUMBERS 1 – 12, PLACE HANDS AT 9:20

(10) WITHOUT TURNING BACK THE PAGE, WRITE DOWN THE SENTENCE YOU COPIED EARLIER:

_____

SCORING THE "TEST YOUR MEMORY" TEST

(Spelling/abbreviations/punctuation are unimportant if the words make sense – with the exception of box 2 – minimum score on a question is 0)

		Points Earned
Box 1	2 points full name, 1 point for initials/minor error 1 point for each space correctly filled for the rest	
Box 2	2 points all correct, 1 point mistake in 1 word, 0 points for mistakes in 2 words	
Box 3	1 point for first name, 1 point for surname 1914 scores 1 point	
Box 4	1 point for each correct sum	
Box 5	1 point for each animal correct	
Box 6	2 points for precise words such as "vegetable" 1 point for reasonable but less precise words such as "food" or "four legs"	
Box 7 Jacket Naming	1 point for each correct answer: ▪ Collar (or "shirt") ▪ Lapel (or "jacket/blazer") ▪ Tie ▪ Pocket (or "jacket/blazer") ▪ Button	
Box 8 Letter W	3 points if traced with no mistakes, 2 points to form another letter, 1 point if all circles joined	
Box 9 Clockface	1 point for all numbers, 1 point for correct number positions, 1 point for correct hands at 9:20	
Box 10 Square	1 point for each word remembered (up to 6)	
Help Given	Add a score for the amount of help needed: ▪ +5 None ▪ +4 Trivial ▪ +3 Minor ▪ +2 Moderate ▪ +1 Major	
	Total Points (Out of 50)	

APPENDIX B

SNACKS TO MAXIMIZE THE BENEFITS OF THE PROTOCOL

The Tonaki Tinnitus Protocol is designed to reverse and eliminate your tinnitus in a matter of weeks – three weeks, to be exact. The more closely you stick to the protocol, the better your results will be.

If you want to maximize the benefits of the protocol, you should include as many of the Tinnitus 12 in your daily diet as possible – that is where this section comes in. Here you'll find a collection of healthy and delicious snack recipes that feature the same tinnitus-busting ingredients as the 21 daily smoothies. Prepare a couple of these snacks each week to keep on hand or follow the alternative meal plan provided in Chapter 6 to make sure you get enough of each of these nutrients.

So, without further ado, here are the recipes!

RECIPES INCLUDED IN THIS SECTION:

- Avocado Deviled Eggs
- Chocolate Chia Seed Pudding
- Almond Flour Berry Crisp
- Sesame Baked Kale Chips
- Sweet and Spicy Toasted Almonds
- Cinnamon Baked Bananas
- Zucchini Walnut Bread
- Crunchy Curry Baked Chickpeas
- Blueberry Frozen Yogurt
- Spicy Grass-Fed Beef Jerky
- Tropical Fruit Salad with Avocado
- Roasted Nut and Seed Snack Mix
- Cranberry Dark Chocolate Chip Cookies
- Easy Homemade Guacamole
- Avocado Dark Chocolate Cupcakes
- Creamy Spinach and Artichoke Dip
- Sunflower Seed Protein Bars
- Lemon Garlic Hummus
- Dark Chocolate Almond Bark
- Dairy-Free Avocado Pesto
- Black Bean Brownies with Almond Butter

AVOCADO DEVILED EGGS

SERVINGS: 12

INGREDIENTS:

- 12 large eggs
- ½ cup mayonnaise
- 2 tablespoons fresh lemon juice
- 1 tablespoon Dijon mustard
- Salt and pepper
- 1 medium avocado, pitted and chopped
- Paprika, to taste

INSTRUCTIONS:

1. Place the eggs in a large saucepan and fill with water.
2. Bring the water to boil then cook for 8 to 10 minutes.
3. Remove from heat and transfer the eggs to an ice bath with a slotted spoon.
4. When the eggs are cool enough to handle, peel them and cut them in half lengthwise.
5. Scoop the yolks into a mixing bowl and put the whites in the fridge to chill.
6. Add the mayonnaise, lemon juice, mustard, salt, and pepper to the bowl with the yolks and stir well.
7. Mash in the avocado then transfer the mixture to a plastic bag.
8. Cut the tip off one corner of the bag then gather it and pipe the filling into the egg whites.
9. Sprinkle with paprika and chill until ready to serve.

NUTRITION:

150 calories, 15g fat, 3g protein, 2g carbs, 1g fiber, 0mg Quercetin, 0.33mcg Vitamin B12, 0.75mg Vitamin B5, 142mg Choline, 0.05mg Vitamin B1, 0.1mg Vitamin B6, 5.91mcg Vitamin B7, 39mcg Folate (B9), 2.7mg Vitamin C, 7mg Magnesium, 0.52mg Zinc, 0.52g Omega-s

CHOCOLATE CHIA SEED PUDDING

SERVINGS: 6

INGREDIENTS:

- 3 ¼ cups unsweetened vanilla almond milk
- 1/3 cup unsweetened cocoa powder
- 1 teaspoon vanilla extract
- ¾ cup chia seeds
- Liquid stevia extract, to taste

INSTRUCTIONS:

1. Combine the almond milk, cocoa powder, and vanilla extract in a mixing bowl and stir well.
2. Add the chia seeds and let rest for 15 minutes, stirring every 5 minutes.
3. Sweeten the pudding to taste with liquid stevia then spoon into dessert cups.
4. Chill the pudding until ready to serve.

NUTRITION:

165 calories, 8.5g fat, 5g protein, 20.5g carbs, 9g fiber, 1.09mg Quercetin, 1.63mcg Vitamin B12, 0.02mg Vitamin B5, 1.8mg Choline, 0.16mg Vitamin B1, 0.01mg Vitamin B6, 0mcg Vitamin B7, 13mcg Folate (B9), 0.3mg Vitamin C, 104mg Magnesium, 2.11mg Zinc, 3.77g Omega-s

ALMOND FLOUR BERRY CRISP

SERVINGS: 8

INGREDIENTS:

- 5 cups fresh blueberries
- 5 to 6 tablespoons honey
- 3 tablespoons cornstarch
- 1 teaspoon fresh lemon zest
- 2 tablespoons fresh lemon juice
- ½ teaspoon ground cinnamon
- 1 cup old-fashioned oats
- ½ cup blanched almond flour
- ½ cup thinly sliced almonds
- 1/3 cup brown sugar, packed
- Pinch salt
- ¼ cup coconut oil, softened
- ¼ cup plain Greek yogurt

INSTRUCTIONS:

1. Preheat the oven to 350°F.
2. Rinse the blueberries in cool water and drain well then place them in a large mixing bowl.
3. Add the honey, cornstarch, lemon zest, lemon juice, and cinnamon.
4. Toss well then pour them into a 9x9-inch baking dish.
5. In another bowl, stir together the oats, almond flour, sliced almonds, brown sugar, and salt.
6. Stir in the coconut oil and yogurt until well combined.
7. Spoon the batter over the blueberries and spread it evenly.
8. Bake for 45 to 50 minutes until the filling is hot and bubbling, and the topping is browned.
9. Remove from the oven and let rest for 10 minutes before serving.

NUTRITION:

350 calories, 15g fat, 7.5g protein, 52g carbs, 6g fiber, 2.88mg Quercetin, 0.05mcg Vitamin B12, 0.49mg Vitamin B5, 14mg Choline, 0.21mg Vitamin B1, 0.10mg Vitamin B6, 11.72mcg Vitamin B7, 24mcg Folate (B9), 10.8mg Vitamin C, 77mg Magnesium, 1.4mg Zinc, 0.5g Omega-s

SESAME BAKED KALE CHIPS

SERVINGS: 6

INGREDIENTS:

- 2 bunches fresh kale (about 5 cups)
- 3 tablespoons olive oil
- 1 tablespoon sesame oil
- 2 tablespoons fresh lemon juice
- ½ cup sesame seeds
- Salt, as needed

INSTRUCTIONS:

1. Preheat the oven to 200°F and line two baking sheets with parchment.
2. Trim away the thick stems from the kale and tear the leaves into bite-sized pieces.
3. Place the kale in a bowl and toss with the oil, lemon juice, and sesame seeds.
4. Spread the kale on the baking sheets and sprinkle with salt.
5. Bake for 30 minutes then flip the kale and bake another 20 to 25 minutes until it is dry and crisp.
6. Cool the chips completely then store in an airtight container.

NUTRITION:

185 calories, 17g fat, 5g protein, 15g carbs, 4.5g fiber, 4.3mg Quercetin, 0mcg Vitamin B12, 0.09mg Vitamin B5, 3.9mg Choline, 0.15mg Vitamin B1, 0.2mg Vitamin B6, 1.32mcg Vitamin B7, 94mcg Folate (B9), 69mg Vitamin C, 70mg Magnesium, 1.16mg Zinc, 0.19g Omega-s

SWEET AND SPICY TOASTED ALMONDS

SERVINGS: 12

INGREDIENTS:

- 3 cups whole almonds, raw
- 5 tablespoons brown sugar
- 1 ½ teaspoons salt
- 1 teaspoon cayenne (more to taste)
- 1 ½ tablespoons water
- 1 tablespoon honey
- 1 ½ teaspoons olive oil

INSTRUCTIONS:

1. Preheat the oven to 350°F and line a baking sheet with parchment.
2. Spread the almonds on the baking sheet and roast for 10 minutes until they are fragrant and just starting to brown.
3. Whisk together the brown sugar, salt, and cayenne pepper in a large bowl.
4. In a large skillet over medium heat, stir together the water, honey, and olive oil.
5. When it starts to bubble, stir in the toasted almonds until they are evenly coated with the mixture.
6. Remove from heat and pour the almonds into the bowl with the brown sugar mixture.
7. Toss until evenly coated then spread on the baking sheet in a single layer.
8. Let the almonds cool to room temperature then store in an airtight container.

NUTRITION:

240 calories, 18g fat, 7.5g protein, 15g carbs, 4.5g fiber, 0mg Quercetin, 0mcg Vitamin B12, 0.18mg Vitamin B5, 18.9mg Choline, 0.07mg Vitamin B1, 0.05mg Vitamin B6, 14.72mcg Vitamin B7, 16mcg Folate (B9), 0.1mg Vitamin C, 97mg Magnesium, 1.13mg Zinc, 0.01g Omega-s

CINNAMON BAKED BANANAS

SERVINGS: 4

INGREDIENTS:

- 4 large ripe bananas
- 2 tablespoons honey
- ½ to 1 teaspoon ground cinnamon

INSTRUCTIONS:

1. Preheat the oven to 400°F and lightly grease a small glass baking dish.
2. Peel the bananas and slice them into coins.
3. Spread the sliced banana in the baking dish and drizzle with honey.
4. Sprinkle with cinnamon then stir to coat and spread evenly in the dish.
5. Cover with foil and bake for 12 to 15 minutes until tender. Serve warm.

NUTRITION:

150 calories, 0.5g fat, 1.5g protein, 40g carbs, 4g fiber, 0mg Quercetin, 0mcg Vitamin B12, 0.46mg Vitamin B5, 13.6mg Choline, 0.04mg Vitamin B1, 0.5mg Vitamin B6, 3.55mcg Vitamin B7, 27mcg Folate (B9), 11.9mg Vitamin C, 37mg Magnesium, 0.24mg Zinc, 0.04g Omega-s

ZUCCHINI WALNUT BREAD

SERVINGS: 12

INGREDIENTS:

- 1 ½ cups all-purpose gluten-free flour blend
- 1 ¼ teaspoon ground cinnamon
- ½ teaspoon xanthan gum
- ¾ teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ cup coarsely chopped walnuts
- ½ cup white sugar
- ½ cup light brown sugar, packed
- 2 ¼ cups finely grated zucchini (pressed to release moisture)
- 2 large eggs
- ¼ cup olive oil
- 1 teaspoon vanilla extract

INSTRUCTIONS:

1. Preheat the oven to 325°F and lightly grease a loaf pan with cooking spray.
2. Whisk together the gluten-free flour, cinnamon, xanthan gum, baking powder, baking soda, and salt in a mixing bowl.
3. Spoon about 1 teaspoon of the mixture into a small bowl then add the walnuts and toss until well coated.
4. Whisk the white sugar and brown sugar into the flour mixture until well combined.
5. Stir in ¼ cup of the grated zucchini until well combined then set aside.
6. Add the remaining zucchini to a food processor with the eggs, oil, and vanilla extract and pulse until well combined.
7. Make a well in the dry ingredients then spoon the wet mixture into it.
8. Stir until well combined, adding the walnuts a little at a time until they are fully incorporated.
9. Spoon the batter into the prepared pan and spread it evenly.
10. Bake for 50 minutes, turning once halfway through, until the bread is browned and a knife inserted in the center comes out clean.
11. Remove from the oven and cool on a wire cooling rack for at least 30 minutes.
12. Turn out the bread and cool completely before slicing to serve.

NUTRITION:

210 calories, 9g fat, 3.5g protein, 31g carbs, 2.5g fiber, 0mg Quercetin, 0.06mcg Vitamin B12, 0.24mg Vitamin B5, 30.8mg Choline, 0.05mg Vitamin B1, 0.13mg Vitamin B6, 2.29mcg Vitamin B7, 23mcg Folate (B9), 10.3mg Vitamin C, 19mg Magnesium, 0.41mg Zinc, 0.51g Omega-s

CRUNCHY CURRY BAKED CHICKPEAS

SERVINGS: 8

INGREDIENTS:

- 2 (15-ounce) cans chickpeas
- 2 tablespoons olive oil
- Salt to taste
- ½ tablespoon curry powder
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon paprika

INSTRUCTIONS:

1. Preheat the oven to 400°F and line a rimmed baking sheet with parchment.
2. Rinse the chickpeas well and drain them then spread them on a clean towel and pat dry.
3. Place the chickpeas in a large mixing bowl and toss them with the oil and salt until well coated.
4. Spread the chickpeas on the baking sheet and bake for 30 to 40 minutes until they are golden brown in color and crispy.
5. Whisk together the remaining ingredients in a small bowl.
6. Transfer the toasted chickpeas back to the large mixing bowl and toss with the spice mixture until evenly coated.
7. Spread the chickpeas back onto the baking sheet to cool then store in an airtight container.

NUTRITION:

120 calories, 5g fat, 4.5g protein, 15g carbs, 4.5g fiber, 0mg Quercetin, 0mcg Vitamin B12, 0.01mg Vitamin B5, 0.7mg Choline, 0.02mg Vitamin B1, 0.09mg Vitamin B6, 0mcg Vitamin B7, 31mcg Folate (B9), 0.1mg Vitamin C, 19mg Magnesium, 0.45mg Zinc, 0.03g Omega-s

BLUEBERRY FROZEN YOGURT

SERVINGS: 4

INGREDIENTS:

- 3 ½ cups frozen blueberries (unsweetened)
- 2/3 cup plain nonfat Greek yogurt
- 2 to 3 tablespoons honey
- 1 tablespoon fresh lemon juice

INSTRUCTIONS:

1. Combine the blueberries, yogurt, honey, and lemon juice in a blender or food processor.
2. Pulse several times then blend until smooth and pureed.
3. Spoon into a plastic container and freeze for 30 to 45 minutes until firm.
4. Scoop the frozen yogurt into bowls to serve.

NUTRITION:

140 calories, 1g fat, 4.5g protein, 31g carbs, 3.5g fiber, 4.03mg Quercetin, 0.28mcg Vitamin B12, 0.31mg Vitamin B5, 13.1mg Choline, 0.05mg Vitamin B1, 0.11mg Vitamin B6, 0mcg Vitamin B7, 13mcg Folate (B9), 4.9mg Vitamin C, 11mg Magnesium, 0.33mg Zinc, 0.15g Omega-s

SPICY GRASS-FED BEEF JERKY

SERVINGS: 24

INGREDIENTS:

- 2 pounds grass-fed flank steak or London broil
- 2/3 cup soy sauce (low sodium)
- 2/3 cup Worcestershire sauce
- 1 tablespoon honey or maple syrup
- ½ tablespoon fresh ground pepper
- 1 ¼ teaspoon red pepper flakes
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon liquid smoke

INSTRUCTIONS:

1. Cut the beef into two or three pieces and wrap them individually in plastic.
2. Place the beef in the freezer for 1 hour then remove and slice along the grain in 1/8-inch strips.
3. Whisk together the soy sauce, Worcestershire sauce, honey, pepper, red pepper flakes, garlic powder, onion powder, and liquid smoke in a bowl.
4. Place the sliced steak in a large zippered freezer bag then pour in the marinade.
5. Shake until well coated then lay flat in the refrigerator and chill for 4 to 6 hours, turning the bag once or twice.
6. Line two rimmed baking sheets with paper towel then remove the beef from the fridge.
7. Shake each strip of beef to remove excess marinade and arrange the slices in a single layer on the baking sheets – press with clean paper towels until dry.
8. Preheat the oven to 150°F and remove the racks from the oven then place a foil drip pan in the bottom of the oven.
9. Thread skewers through one end of each slice of beef then arrange the skewers horizontally across one oven rack, so the beef hangs down.
10. Prop the oven door open a crack with a wooden spoon and cook for 5 hours.
11. Check the jerky and cook for another 1 to 2 hours as needed until dried.
12. Transfer the jerky to cooling racks until cooled to room temperature then store in an airtight container.

NUTRITION:

65 calories, 2g fat, 9g protein, 3g carbs, 0g fiber, 0mg Quercetin, 0.34mcg Vitamin B12, 0.26mg Vitamin B5, 35.7mg Choline, 0.04mg Vitamin B1, 0.25mg Vitamin B6, 0mcg Vitamin B7, 7mcg Folate (B9), 5.8mg Vitamin C, 16mg Magnesium, 1.55mg Zinc, 0g Omega-s

TROPICAL FRUIT SALAD WITH AVOCADO

SERVINGS: 6

INGREDIENTS:

- 2 medium ripe mango, peeled and pitted
- 2 cups fresh chopped pineapple
- 1 jicama, peeled
- 1 medium navel orange, peeled
- 2 cups chopped watermelon
- 1 seedless cucumber
- 2 fresh limes, juiced
- 1 teaspoon honey
- 2 to 3 tablespoons fresh chopped mint
- 1 medium avocado, pitted and diced
- 1 ounce toasted coconut flakes

INSTRUCTIONS:

1. Cut the fruit and cucumber into small bite-sized pieces and combine them in a large bowl.
2. Toss in the lime juice, honey, and fresh mint.
3. Add the diced avocado and toss until well combined.
4. Chill until ready to serve then garnish with toasted coconut flakes.

NUTRITION:

255 calories, 8g fat, 4g protein, 48g carbs, 11g fiber, 0mg Quercetin, 0mcg Vitamin B12, 1.26mg Vitamin B5, 38mg Choline, 0.17mg Vitamin B1, 0.41mg Vitamin B6, 1.35mcg Vitamin B7, 114mcg Folate (B9), 116mg Vitamin C, 58mg Magnesium, 0.8mg Zinc, 0.11g Omega-s

ROASTED NUT AND SEED SNACK MIX

SERVINGS: 16

INGREDIENTS:

- 1 (15-ounce) can chickpeas
- 2 tablespoons olive oil
- ½ teaspoon salt
- 1 cup raw almonds
- ½ cup raw walnut halves
- ½ cup raw walnut
- ½ cup hulled sunflower seeds
- ½ cup hulled pumpkin seeds
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon cayenne (optional)

INSTRUCTIONS:

1. Preheat the oven to 400°F and line a rimmed baking sheet with parchment.
2. Drain the chickpeas and rinse them well then pat dry with paper towel.
3. Place the chickpeas in a large mixing bowl and toss with the olive oil and salt.
4. Spread the chickpeas on the baking sheet and roast for 20 to 30 minutes until crispy and browned.
5. Remove from the oven and let the chickpeas cool then add them to a bowl.
6. Add the nuts, seeds, chili powder, cumin, cayenne, and salt.
7. Toss until well combined then store in an airtight container.

NUTRITION:

185 calories, 15g fat, 6.5g protein, 9g carbs, 3g fiber, 0mg Quercetin, 0mcg Vitamin B12, 0.17mg Vitamin B5, 11mg Choline, 0.12mg Vitamin B1, 0.14mg Vitamin B6, 4.39mcg Vitamin B7, 28mcg Folate (B9), 0.3mg Vitamin C, 82mg Magnesium, 1.26mg Zinc, 0.36g Omega-s

CRANBERRY DARK CHOCOLATE CHIP COOKIES

SERVINGS: 24

INGREDIENTS:

- 2 tablespoons ground flaxseed
- 6 tablespoons water
- 1 ½ cups oat flour (oats pulsed into flour)
- ½ cup old-fashioned oats
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- 6 tablespoons coconut oil, melted
- ¼ cup maple syrup
- ¼ cup coconut sugar
- 1 teaspoon vanilla extract
- ¾ cup dried cranberries, unsweetened, chopped
- ½ cup dark chocolate chips (sweetened with stevia)

INSTRUCTIONS:

1. Whisk together the flaxseed and water then let rest for 10 minutes.
2. Preheat the oven to 350°F and line a rimmed baking sheet with parchment.
3. Whisk together the oat flour, oats, baking powder, baking soda, cinnamon, and salt in a mixing bowl.
4. In a separate bowl, whisk together the coconut oil, maple syrup, coconut sugar, and vanilla extract.
5. Add the flaxseed mixture and stir everything until well combined.
6. Stir the dry ingredients into the wet until it forms a soft dough then fold in the cranberries and dark chocolate chips.
7. Cover the bowl and let rest for 15 minutes.
8. Spoon the batter onto the baking sheet, using 2 tablespoons per cookie.
9. Flatten the cookies slightly then bake for 8 to 12 minutes until the edges are browned.

NUTRITION:

105 calories, 6g fat, 2g protein, 12g carbs, 1.5g fiber, 0.58mg Quercetin, 0.01mcg Vitamin B12, 0.08mg Vitamin B5, 3.4mg Choline, 0.08mg Vitamin B1, 0.02mg Vitamin B6, 1.95mcg Vitamin B7, 4mcg Folate (B9), 0.6mg Vitamin C, 26mg Magnesium, 0.47mg Zinc, 0.15g Omega-s

EASY HOMEMADE GUACAMOLE

SERVINGS: 8

INGREDIENTS:

- 3 medium ripe avocados
- 1 medium tomato, cored and diced
- ½ small white onion, diced
- ½ cup fresh chopped cilantro
- 2 tablespoons fresh lime juice
- ½ teaspoon ground cumin
- Salt and pepper

INSTRUCTIONS:

1. Cut the avocados in half and discard the pits.
2. Spoon the flesh into a large mixing bowl and mash slightly.
3. Add the tomato, onion, cilantro, lime juice, and cumin then stir well.
4. Season with salt and pepper to taste.
5. Cover and chill until ready to serve or serve immediately.

NUTRITION:

130 calories, 11g fat, 2g protein, 8g carbs, 5.5g fiber, 1.79mg Quercetin, 0mcg Vitamin B12, 1.08mg Vitamin B5, 12.4mg Choline, 0.06mg Vitamin B1, 0.22mg Vitamin B6, 3.69mcg Vitamin B7, 65mcg Folate (B9), 11.4mg Vitamin C, 25mg Magnesium, 0.53mg Zinc, 0.09g Omega-s

AVOCADO DARK CHOCOLATE CUPCAKES

SERVINGS: 12

INGREDIENTS:

- 1 cup unsweetened almond milk
- 1 cup mashed avocado
- ¾ cup coconut sugar
- 2 large egg whites
- ½ tablespoon vanilla extract
- 2 cups all-purpose gluten-free flour blend
- ½ cup unsweetened dark cocoa powder
- 1 teaspoon baking soda
- ½ teaspoon salt

INSTRUCTIONS:

1. Preheat the oven to 350°F and line the cups of a muffin pan with paper liners.
2. Beat together the almond milk, avocado, coconut sugar, egg whites, and vanilla in a bowl with a hand mixer until smooth.
3. In a separate bowl, whisk together the gluten-free flour, cocoa powder, baking soda, and salt.
4. Beat the dry ingredients into the wet, scraping down the sides of the bowl as needed.
5. Spoon the batter into the prepared pan, filling the cups about 2/3 full.
6. Bake for 16 to 18 minutes until the tops are just springy.
7. Cool the cupcakes in the pan for 5 minutes then remove to a cooling rack to cool completely.
8. Frost the cupcakes as desired once they are fully cooled.

NUTRITION:

165 calories, 4g fat, 4g protein, 32.5g carbs, 4.5g fiber, 0.73mg Quercetin, 0.25mcg Vitamin B12, 0.31mg Vitamin B5, 3.7mg Choline, 0.02mg Vitamin B1, 0.06mg Vitamin B6, 0.52mcg Vitamin B7, 17mcg Folate (B9), 1.9mg Vitamin C, 26mg Magnesium, 0.48mg Zinc, 0.02g Omega-s

CREAMY SPINACH AND ARTICHOKE DIP

SERVINGS: 6

INGREDIENTS:

- 4 slices bacon
- ½ medium sweet onion, chopped
- 5 cloves minced garlic
- 1 (14-ounce) can artichoke hearts, drained and chopped
- 3 cups fresh baby spinach
- ½ cup canned coconut milk (full fat)
- Salt and pepper

INSTRUCTIONS:

1. Cook the bacon in a large skillet over medium heat until browned.
2. Transfer the bacon to paper towels to drain and cool then chop finely.
3. Heat the skillet over medium heat, reserving about a tablespoon of the bacon fat.
4. Add the onions and garlic and cook for 2 to 3 minutes, stirring often.
5. Stir in the artichoke hearts and spinach then cook for another 3 minutes.
6. Remove from heat and let the mixture cool for a few minutes.
7. Stir in the coconut milk until well combined then transfer to the refrigerator for 30 minutes.
8. Season with salt and pepper to taste then serve with sliced veggies for dipping.

NUTRITION:

140 calories, 11g fat, 5g protein, 7g carbs, 2g fiber, 3.59mg Quercetin, 0.09mcg Vitamin B12, 0.16mg Vitamin B5, 6.6mg Choline, 0.04mg Vitamin B1, 0.12mg Vitamin B6, 0.75mcg Vitamin B7, 64mcg Folate (B9), 11.7mg Vitamin C, 51mg Magnesium, 1.22mg Zinc, 0.02g Omega-s

SUNFLOWER SEED PROTEIN BARS

SERVINGS: 12

INGREDIENTS:

- 2 cups pitted Medjool dates
- 1 cup hulled sunflower seeds
- ½ cup sunflower seed butter
- 1 cup egg white protein powder (80g)
- Salt to taste
- 2 to 3 tablespoons water

INSTRUCTIONS:

1. Combine the dates, sunflower seeds, and sunflower seed butter in a food processor.
2. Pulse the mixture several times then blend until it comes together.
3. Add the egg white protein powder and salt then pulse to combine.
4. Pulse in the water a tablespoon at a time, blending until it comes together.
5. Spread the mixture in an 8x8-inch parchment-lined baking dish.
6. Refrigerate for several hours until firm then cut into bars to serve.

NUTRITION:

240 calories, 12g fat, 10g protein, 26g carbs, 3.5g fiber, 0mg Quercetin, 0.04mcg Vitamin B12, 0.62mg Vitamin B5, 9.8mg Choline, 0.19mg Vitamin B1, 0.29mg Vitamin B6, 0mcg Vitamin B7, 62mcg Folate (B9), 0.5mg Vitamin C, 91mg Magnesium, 1.24mg Zinc, 0.02g Omega-s

LEMON GARLIC HUMMUS

SERVINGS: 8

INGREDIENTS:

- 2 cups canned chickpeas
- ¾ cup olive oil
- 3 tablespoons fresh lemon juice
- ½ tablespoon minced garlic
- Salt to taste

INSTRUCTIONS:

1. Drain the chickpeas well then place them in a food processor.
2. Add the olive oil, lemon juice, garlic, and salt.
3. Pulse several times then blend until smooth and well combined.
4. Adjust seasoning to taste then serve with veggies for dipping.

NUTRITION:

245 calories, 24g fat, 2g protein, 6g carbs, 2g fiber, 0mg Quercetin, 0mcg Vitamin B12, 0.13mg Vitamin B5, 9.5mg Choline, 0.02mg Vitamin B1, 0.19mg Vitamin B6, 0mcg Vitamin B7, 11mcg Folate (B9), 2.4mg Vitamin C, 11mg Magnesium, 0.28mg Zinc, 0.16g Omega-s

DARK CHOCOLATE ALMOND BARK

SERVINGS: 16

INGREDIENTS:

- ½ cup coconut sugar
- 2 tablespoons water
- 1 tablespoon butter
- 1 ½ cups raw almonds, whole
- 1 pound dark chocolate (70% cacao), chopped
- Salt, as needed

INSTRUCTIONS:

1. Line a rimmed baking sheet with foil and set aside.
2. Combine the sugar and water in a small saucepan over medium-low heat.
3. Cook until the sugar dissolves, stirring often.
4. Bring the liquid to a low boil and cook for 5 minutes until it turns dark brown, brushing down the sides of the pan with a wet brush as needed.
5. Remove from heat and immediately whisk in the butter.
6. Stir in the almonds until well coated then spread on the prepared baking sheet, separating the almonds.
7. Let the mixture cool then break up any large clumps of almonds.
8. Place the dark chocolate in a double boiler over low heat.
9. When the chocolate is melted, remove from heat and stir in the caramelized almonds.
10. Spread the mixture on the same baking sheet in a single layer.
11. Sprinkle with salt then chill until the chocolate sets.
12. Break into pieces and store in an airtight container.

NUTRITION:

275 calories, 19.5g fat, 5g protein, 22g carbs, 5g fiber, 0mg Quercetin, 0.08mcg Vitamin B12, 0.19mg Vitamin B5, 7.3mg Choline, 0.04mg Vitamin B1, 0.03mg Vitamin B6, 4.6mcg Vitamin B7, 6mcg Folate (B9), 0mg Vitamin C, 101mg Magnesium, 1.36mg Zinc, 0.01g Omega-s

DAIRY-FREE AVOCADO PESTO

SERVINGS: 12

INGREDIENTS:

- 2 medium ripe avocados, pitted and chopped
- 1 bunch fresh basil, chopped
- ½ cup raw walnuts
- 2 tablespoons fresh lemon juice
- 3 cloves minced garlic
- ½ cup olive oil
- Salt and pepper

INSTRUCTIONS:

1. Place the avocado in a food processor.
2. Add the basil leaves, walnuts, lemon juice, and garlic.
3. Pulse until the mixture is finely chopped.
4. With the processor running, drizzle in the olive oil until smooth and well combined.
5. Season with salt and pepper to taste then chill until ready to serve.
6. Serve with sliced veggies for dipping.

NUTRITION:

165 calories, 17g fat, 1.5g protein, 4g carbs, 2.5g fiber, 0mg Quercetin, 0mcg Vitamin B12, 0.51mg Vitamin B5, 7.2mg Choline, 0.04mg Vitamin B1, 0.13mg Vitamin B6, 2.08mcg Vitamin B7, 34mcg Folate (B9), 5mg Vitamin C, 19mg Magnesium, 0.39mg Zinc, 0.56g Omega-s

BLACK BEAN BROWNIES WITH ALMOND BUTTER

SERVINGS: 12

INGREDIENTS:

- 1 (15-ounce) can black beans, rinsed and drained
- ½ cup old-fashioned oats
- 5 to 6 tablespoons honey
- ¼ cup coconut oil, melted
- 2 tablespoons dark cocoa powder
- 1 tablespoon vanilla extract
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ½ cup dark chocolate chips
- ¼ cup almond butter

INSTRUCTIONS:

1. Preheat the oven to 350 and line an 8x8-inch baking dish with foil.
2. Combine the black beans, oats, honey, coconut oil, cocoa powder, vanilla, baking powder, and salt in a food processor.
3. Blend until smooth and well combined then stir in the dark chocolate chips.
4. Spread the mixture in the prepared pan and set aside.
5. Melt the almond butter in a microwave-safe bowl until creamy then drizzle over the brownie batter.
6. Swirl the almond butter into the brownie batter with a butter knife.
7. Bake for 15 to 18 minutes until the brownies are set, and the edges start to brown.
8. Cool the brownies completely before cutting into squares to serve.

NUTRITION:

190 calories, 11g fat, 5g protein, 22g carbs, 4.5g fiber, 0.18mg Quercetin, 0.02mcg Vitamin B12, 0.18mg Vitamin B5, 4.3mg Choline, 0.12mg Vitamin B1, 0.04mg Vitamin B6, 1.91mcg Vitamin B7, 45mcg Folate (B9), 0mg Vitamin C, 63mg Magnesium, 0.91mg Zinc, 0.03g Omega-s

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Todd Carson lives in Trenton, New Jersey, with his wife Jo, their daughter Isabelle, and their Chocolate Labrador, Theo.